

LONDON metro®



Tonight's Jackpot

\$50 MILLION
estimated
— PLUS **MAXMILLIONS** —
2 EXTRA
estimated
\$1 MILLION
PRIZES
NEWS
WORTH
SHARING.

NO NEED TO MULL OVER THIS DECISION

IF THE POLAR VORTEX IS BUMMING YOU OUT, WHIP UP A GLASS OF MULLED WINE WITH THIS RECIPE **PAGE 20**

People for the Ethical Treatment of ... Angora?

Protester wears bloody rabbit suit in London street **PAGE 4**

Olympic lessons from Vancouver

With the Winter Olympics in Sochi on the horizon, Metro takes a look at the legacy of the 2010 Games **PAGE 6-7**

The cold, my God the cold!

Metro examines the winners and losers of this week's record-breaking cold snap (and yes, there are some winners) **PAGE 8**



DON'T FENCE HIM IN

London mixed martial arts fighter Chad Laprise is trying to live the dream and, for him, that's earning a contract with the Ultimate Fighting Championship organization. At this point, he is one step away. Story on page 5. ANGELA MULLINS/METRO

Pothole patrol ready to roll

'Freeze thaw issue.'
'Tis the season for a bumpin' ride

It's not the end of the world as we know it, but it may feel like it on city streets over the coming days.

Think potholes, and lots of 'em.

That's because the record-breaking cold snap and coming mild temperatures — about a 30 C swing in a matter of days — will surely tear some of the city's more travelled roads apart. "It's a freeze thaw issue," said London's district roadside operations manager John Parsons. "The temperature will rise and some water will seep through some cracks in the pavement... It'll freeze again during the night and then some asphalt will start popping out."

The older the road, the more brittle and prone to cracks it becomes. Parsons said we'll start to see more of them this weekend, especially on main roads.

But like the old Whac-A-

If a pothole damages your car

- Have a licensed auto-mobile mechanic inspect the damage.
- Be sure to note the exact location of the pothole and notify the city.
- If you take photos to send to city hall, be sure to include one that shows where the hole is in relationship to the street and any nearby buildings.
- Don't bank on a cash settlement from the city though. Because the city does its due diligence by patrolling for potholes, chances are slim you'll win a claim.

Mole game at the county fair, city crews will be patrolling for holes, jumping from one to another as quickly as possible.

"We can have as many as 15 crews a day out there patching potholes," he said. "Sometimes, people will call in with potholes, but we usually find them first." **SCOTT TAYLOR/METRO**

SECOND SHOW ADDED!

STOMP™

THE INTERNATIONAL SENSATION

THIS SATURDAY & SUNDAY ONLY!
JANUARY 11 & 12
 RBC THEATRE AT BUDWEISER GARDENS

FOR TICKETS
 CALL: 866-455-2849 ONLINE: BudweiserGardens.com
 VISIT: BudweiserGardens Box Office

BROADWAY LONDON

SATURDAY, JANUARY 11 TO MONDAY, JANUARY 13

Get

18,500

**SHOPPERS OPTIMUM
BONUS POINTS®**

WHEN YOU SPEND \$75 OR
MORE¹ ON ALMOST ANYTHING
IN THE STORE.

THAT'S A

\$25

SAVINGS
VALUE!

FREE

feels good™



PLUS RED HOT SAVINGS Saturday, January 11 to Friday, January 17

<p>3.99 each</p> <p>12 = 24 ROLLS</p>  <p>ROYALE BATHROOM TISSUE 9 Roll - 12 Roll Selected Types Limit 4. After limit 7.49</p>	<p>88¢ each</p>  <p>REACH MANUAL TOOTHBRUSH (1's), AQUAFRESH CAVITY PROTECT (90mL) or COLGATE TOTAL (85mL) TOOTHPASTE Selected Types Excludes Premium</p>	<p>9.99 each</p>  <p>MOTRIN TABLETS (150's), TYLENOL EASY OPEN CAPLETS or TABLETS Selected Types & Sizes</p>	<p>2.99 each</p>  <p>CREST TOOTHPASTE (85mL - 170mL), ORAL-B MANUAL TOOTHBRUSH (1's) or FLOSS (50m) Selected Types</p>	<p>5.99 each</p>  <p>HEAD & SHOULDERS SHAMPOO (700mL) or PANTENE HAIR CARE PRODUCTS Selected Types & Sizes</p>	<p>30% off*</p>  <p>NIVEA FOR MEN SHAVE, LIP or SKIN CARE PRODUCTS Selected Types & Sizes</p>	<p>29.99 each</p>  <p>GILLETTE CARTRIDGES 8's - 12's Selected Types</p>
<p>2.99 each</p>  <p>SCOPE MOUTHWASH (750mL - 1L) or CREST PRO HEALTH RINSE (237mL - 500mL) Selected Types</p>	<p>2.99 each</p>  <p>METHOD HAND SOAP (252mL - 354mL), IRISH SPRING or SOFTSOAP BODY WASH Selected Types & Sizes</p>	<p>7.99 each</p>  <p>TAMPAX PEARL TAMPONS (36's - 40's), ALWAYS INFINITY LINERS (128's) or PADS (24's - 36's) Selected Types</p>	<p>25% off*</p>  <p>LIFE BRAND COUGH & COLD PRODUCTS Selected Types & Sizes</p>	<p>25% off*</p>  <p>LIFE BRAND IBUPROFEN PAIN RELIEF PRODUCTS Selected Types & Sizes</p>	<p>1.99 each</p>  <p>CHEERIOS CEREAL 260g - 330g Selected Types</p>	<p>1.99 each</p>  <p>LAY'S CHIPS 180g Selected Types Limit 4. After limit 2.99</p>



SHOPPERS DRUG MART



Prices and Shoppers Optimum Bonus Points® in effect from Saturday, January 11 until Friday, January 17, 2014 while quantities last. We reserve the right to limit quantities. *Our Regular Price. †Offer valid on the purchase total of eligible products using a valid Shoppers Optimum Card® after discounts and redemptions and before taxes from Saturday, January 11 to Monday, January 13, 2014 only. Maximum 18,500 points per offer regardless of total dollar value of transaction. Excludes prescription purchases, products that contain codeine, non-pointable items, tobacco products (where applicable), lottery tickets, stamps, transit tickets and passes, event tickets, gift cards, prepaid card products and Shoppers Home Healthcare® locations. Offer applies to photofinishing services that are picked up and paid for on the days of the offer only. Not to be used in conjunction with any other points promotions or offers. See cashier for details. Shoppers Optimum Points® and Shoppers Optimum Bonus Points® have no cash value but are redeemable under the Shoppers Optimum and Shoppers Optimum Plus programs for discounts on purchases at Shoppers Drug Mart. The savings value of the points set out in this offer is calculated based on the Shoppers Optimum Program® rewards schedule in effect at time of this offer and is strictly for use of this limited time promotion. The savings value obtained by redeeming Shoppers Optimum Points will vary depending on the Shoppers Optimum Program reward schedule at time of redemption and other factors, details of which may be found at shoppersdrugmart.ca. © 911979 Alberta Ltd.

Arrest

Child porn charges laid after Simcoe St. raid

A 46-year-old London man faces a slew of child pornography charges after police raided a Simcoe Street residence on Tuesday.

As a result of evidence police say they obtained, Bradley Lavoie has been charged with three counts of possession of child pornography and a single count each of making available child pornography and accessing child porn.

London police were also involved in an arrest in Granton, where 27-year-old Andrew Shainline was charged with child luring, sexual assault and sexual interference. **METRO**

Donations

Matthews' book drive in 10th year

For the past nine years, Deb Matthews has launched the new year by collecting donated books at her London constituency office.

Now, the Ontario health minister and London North Centre MPP is

ready to make it a decade.

Matthews will launch her 10th annual Children's Book Drive

Sunday at the Ivey Spencer Leadership Centre (551 Windermere Rd.) from 3 to 5 p.m.

All books donated during the drive are distributed to non-profit organizations.

METRO



Director of financial planning and policy Larry Palarchio speaks to council members at Thursday's budget meeting. **MIKE DONACHIE/METRO**

Buckle up for the city's budget ride

Time to choose.

Council members to debate services and cuts for 2014



MIKE DONACHIE
mike.donachie@metronews.ca

It's up and running.

The city's budget process has officially begun, and everybody in the council chamber started as they meant to go on.

And they did go on. And on. But not too much — yet.

Thursday night saw one of the most important events in the life of the council, with the start of financial planning for the final year before the election.

Important dates

- | | |
|---|--|
| <ul style="list-style-type: none"> Jan. 11 and 15: Build-a-budget workshops, at Goodwill Industries, to let citizens try their hand at the task Monday, Jan. 13: Public participation meeting in council chambers Jan. 30 (and 31, if needed): Council to debate the | <ul style="list-style-type: none"> operating budget Feb. 6 (and 7, if needed): Council to debate capital budget Feb. 10: Public participation meeting in council chambers Feb. 27: Council to approve budget |
|---|--|

"We're not debating this now," warned Mayor Joe Fontana as the special strategic policies and priorities meeting began.

Councillors did what they were told, mostly. Some raised small issues, like Coun. Stephen Orser mentioning Old

East Village grants and Coun. Harold Usher asking about bus transit.

But the real debate is still to come, as councillors try to protect their favourite projects.

There are a lot of long nights ahead, and this first

meeting was intended as a guide to how the process will work.

City staff spoke in turn, each setting out their services, savings and funding "pressure points" that are leading to rising costs, like utility bills rising by between eight and 10 per cent.

The devil's in the details and the details are many. But one figure is crucial.

The starting point of the budget debates is a proposed property tax increase of 3.1 per cent.

That's unlikely to be accepted by council. It's more likely they will trim where they can, to minimize or even eliminate the rise.

Will it be Fontana's hoped-for zero? This is when we find out.

1 NEWS



IT'S GOING TO BE A "HULL OF A NIGHT"

Monday, February 3, 2014 • London Convention Centre



FOR TICKETS AND INFORMATION

LONDON SPORT DINNER.CA

Featuring hockey legends Bobby and Dennis Hull



In support of Thames Valley Children's Centre

Bloodstained 'rabbit' draws stares in downtown London

PETA protest. Message delivered about angora fur



MIKE DONACHIE
mike.donachie@metronews.ca

Animal cruelty activists staged a "bloodstained" protest downtown Thursday.

The volunteers from PETA had their eye-catching event at the corner of King and Wellington streets as they asked people to avoid angora.

With one person in a red-stained rabbit costume, the protest was less risky than the last time PETA was on the streets. That time around a message about not eating meat was delivered by a nearly-naked female covered in barbecue sauce.

But, Thursday's demonstration still caught plenty of attention from passers-by at lunchtime, with activists

speaking to people and handing out leaflets.

PETA's Emily Lavender said their banner, reading "Angora hurts rabbits" used a real image of a distressed rabbit that had its fur pulled off at a farm in China.

The picture came from a PETA investigation, said Lavender.

"Workers were seen violently ripping fur out while the rabbits were still conscious," said Lavender. "Afterwards they were just sitting in their filthy cages, shocked, some unable to keep their heads up."

So, PETA was taking a message to people who are wrapping up to stay warm in London.

"We're asking shoppers to read the labels on sweaters, scarves, mittens, toques, knitwear, and, if it says 'angora' please leave the item on the shelf," said Lavender. "There are so many other warm, cruelty-free fabrics out there."



PETA protesters deliver their message with help from a volunteer in a rabbit suit covered with fake blood. MIKE DONACHIE/METRO

Special meeting to focus on cycling



It's more popular in the summer, but cycling's popularity keeps climbing. The city is poised to give a big update on its cycling infrastructure plans.

MIKE DONACHIE/METRO

Cycling's a big deal in London, and a group of city advisers is taking a close look at it next week.

City hall's transportation advisory group is inviting enthusiasts, groups and everyone else to listen in at its meeting from 6 p.m. Tuesday.

It's the first in a series of gatherings to look at transportation issues, but cycling is a particularly hot topic right now.

Last month, council agreed to create a new cycling advisory committee, and this meeting will be part of a "transition" as staff help to set it up, said the city's environmental programs chief, Jay Stanford.

He will speak on Tuesday about the progress in recent years, and the city's plans for the future.

"There's been tremendous growth in the cycling network, including the multi-use paths and the marked lanes into the roadways, and the growth of the infrastructure over the last five or six years has been very, very significant," said Stanford. "We've also been able to get out more information in the way

Quoted

"There's been tremendous growth in the cycling network, including the multi-use paths and the marked lanes into the roadways, and the growth of the infrastructure over the last five or six years has been very, very significant."

City's environmental programs chief, Jay Stanford

of education and awareness, upgrades to the bike maps, and more maps and markers along our trails.

"We've got a lot of that in place and along the way we've seen a growth in cycling and cycling enthusiasm and an increase in the culture of cycling in London."

Stanford stressed that, even after the cycling advisory committee is set up, its work will be part of the overall strategy on transport in London.

MIKE DONACHIE/METRO

Ontario. Liberals accuse Tories of scaring seniors about new \$85 fee

Ontario's Progressive Conservatives are "fear mongering" and trying to scare seniors into donating to the opposition party by claiming the government will impose a new \$85 fee for some driving tests, the Liberals charged Thursday.

The Tories sent out a release with the headline: "Why is Wynne targeting seniors," which claims Premier "Kathleen Wynne is considering a new fee of \$85 for many seniors

who want to renew their drivers licence."

The release concludes: "We are working hard to fight Liberal attempts to raise your taxes. Please help us by donating \$25 today." Tory officials said they were basing the claim on a cabinet document in which various ministries suggested ways of increasing provincial revenues through fees and other charges without actually hiking taxes.

THE CANADIAN PRESS

New production

Grand to present tale of late love

A heartwarming story of love the second time around is the next production to play at The Grand Theatre.

Actor Rod Beattie, best known for appearing in Grand productions The Wingfield Series and Ed's Garage, returns for The Pas-

sion of Narcisse Mondoux, by Gratien Gélinas. It's set in a fictional Québécois village in 1980, and Beattie plays widower and retired plumber Narcisse Mondoux, who is determined to woo his long-time secret love, the recently-widowed Laurencienne Robichaud, played by Brigit Wilson.

The show begins preview performances Jan. 21, opens Jan. 24 and runs until Feb. 8.

MIKE DONACHIE/METRO

Public shaming. Clock's ticking down for alleged music-hall bowl bandit

It appears as if time has run out for an alleged bowl-swiping New Year's Eve bandit.

A Jan. 3 Facebook post by the London Music Hall claims a theft took place during a New Year's Eve party hosted by the venue.

Images of those responsible were reportedly captured on camera and will be released if the item, revealed to be a \$300 silver-plated serving bowl, is not returned by 6 p.m. Friday.

But video footage of the alleged thief and his accomplice will likely be made available sooner rather than later, music-hall owner Mike Manuel told Metro.

"We thought we were going to put the whole video and picture out yesterday, but we got busy and never did that," he said Thursday.

Manuel has said he held off on releasing all the footage and filing a police report to give the alleged thief a chance to redeem himself. But the possibility of the bowl being returned is looking less likely.

Police warned earlier this week that there's a thin legal line of extortion involved



The London Music Hall posted this partial photo of its alleged bowl thief on Monday. FACEBOOK

when telling someone they must do something or face the consequences via a public shaming.

But, Manuel said, he's been advised he's in the clear.

"We talked to police and they said just put it out there," he said.

"Catching the NYE Thief," a faux Facebook event created for the Friday deadline, has been deleted from the social-media site.

Manuel's not sure why.

"I don't know anything about that," he said. "I don't run the actual Facebook."

DAVID INGRAM/FOR METRO

CMHC. Home starts trending well in London, according to new data

The trend for housing starts in the London area was up in December, the Canada Mortgage and Housing Corporation says.

The organization publishes a rate for housing starts each month, taking a six-month average. In December, the figure for London-St. Thomas was 2,216, compared with 1,871 in November.

Total starts in December

came in at 3,639, up from 1,538 in November.

"Apartment and row-home starts were particularly strong in December, contributing to a total of nine per cent more starts in the fourth quarter of 2013 than the same period a year prior," said Alexander Bonnyman, CMHC's senior market analyst for London.

MIKE DONACHIE/METRO

Charity

Property-firm staff give some love to YOU

Young people in need of help can take a load off their feet thanks to the staff at Minto Properties.

Lisa Smith, property manager with Minto Properties, was inspired to provide extra help after she mentored two staff at the

new Youth Opportunities Unlimited (YOU) housing complex at Richmond and York streets.

So Smith and her colleagues launched fundraisers, including hotdog lunches, raffles and car washes, to buy furniture for the lounge at the 30-unit centre.

They took in \$1,300 in total and on Thursday presented two love seats to YOU.

MIKE DONACHIE/METRO

Londoner pursues spot-on UFC circuit

The Disciple. Devout Christian Chad Laprise one of 16 contestants on new season of The Ultimate Fighter Nations

The following international version of Psalm 144.1 appears on the home page for London's Chad Laprise.

"Praise the Lord my Rock, who trains my hands for war, my fingers for battle."

It's a fair bit of adaptation on the original psalm of David, but even more so when you discover Laprise is a mixed martial arts fighter on the verge of joining the big leagues of the sport, the UFC.

Laprise, 27, is one of eight Canadians fighters appearing in the fifth edition of the reality TV series The Ultimate Fighter Nations: Canada vs. Australia. The series begins airing Wednesday.

From the eight welterweights and eight middleweights, the winner in each class will get a six-figure contract and join the UFC circuit.

Laprise, who carries the fight nickname The Disciple, said the psalm combines the two major aspects of the life he lives, day in and day out.

"Obviously, me being a Christian, that's the important thing in my life," Laprise said in an interview with Metro this week. "So on my website, I want everybody to know where I stand on faith (The psalm) says train your hands for war and that's what I do every day in the gym, so when I go out and fight, I'll be ready."

Laprise said he understands the argument about how a person of such strong faith can step into the octagon with the inherent risk of hurting someone in the process.

"I run into this a lot. There are Christians that are ... for it, and there's Christians that



"I truly believe God put me here to fight," London MMA fighter Chad Laprise told Metro. ANGELA MULLINS/METRO

are completely against it," he said. "At the end of the day, this is just a sport. It's no different than hockey."

"We're just two guys in there competing. I never want to hurt anybody when I'm in there fighting. If it happens, it happens. If you see my fights, I pray before every fight, and what I am praying is that nobody gets hurt. It's just a competition."

Laprise started training 10 years ago in Chatham. He began as a boxer and then switched to kick-boxing before moving to mixed martial arts and ultimately to London to train at Adrenaline Training Centre, under the late Shawn Tomkins.

Born in Windsor, he lived in Chatham most of his life until he moved to London two-and-a-half years ago. He

is now 7-0 in MMA bouts, all on the Bellator fight circuit.

"I was very fortunate. (Bellator) came to Windsor twice, Casino Windsor, and me being from Chatham-Windsor area, I was a huge draw for them, and so I fought on their cards twice and then my last fight was out west and then I got the call for this."

And while we won't know the show's outcome officially for three months, Laprise said whatever happens, he is not finished fighting.

"A lot of people just want to get to UFC. That was never my goal," he said. "My goal is to be the champion once I am actually (in the UFC). I am not satisfied with being on the Ultimate Fighter."

DAVE LANGFORD/METRO

The Ultimate Fighter Nations: Canada vs. Australia

- | | |
|---|--|
| • Who: 8 Canadian fighters, 8 Australian fighters. | weight class wins six-figure UFC contract. |
| • Where: Taped outside Montreal. | • Television: Sportsnet 360, TVA in French, 12 episodes on Wednesdays, beginning Jan. 15 at 10 p.m. |
| • Prize: One from each | |

What it takes to make it as an MMA fighter

Metro asked Chad Laprise about the keys to making it to, and seeing success in the octagon.

These are the three main requirements, according to him:

Hard work and dedication: "This is a long grind and it takes forever to become a pro, and especially a pro at the top level. It's hours and hours and hours in the gym, and if you don't have that work ethic

you won't get anywhere."

A good coach: "You have to surround yourself with a good team and good people around you who can guide you and lead you to where you need to be."

Mental focus: "(You can't get) distracted by anything else. I treat this the same as my job. I spend at least 40 hours, if not more, training and nothing else matters."

DAVE LANGFORD/METRO

The Vancouver 2010 Winter Olympics: Defeat, triumph, tragedy and the weather



"Basically all four years lead to one second that can screw you all up."

Canadian ski jumper Stefan Read on failing to qualify for the main competition.



"We have all seen ... how close victory and failure and disaster is together."

Three-time luge gold medalist and German coach Georg Hackl on the death of Georgian luger Nodar Kumaritashvili in a Feb. 12 training crash.



"If 80,000 girls (in Canada) are playing 267 (in Slovakia), that's the 18-0."

International Ice Hockey Federation president Rene Fasel on the state of women's hockey.



"The snow, we bring it in and the warm weather it comes and it disappears."

VANOC spokeswoman Renee Smith-Valade on the rescue of Cypress Mountain's freestyle skiing and snowboarding venues.



"If I could have done this job with a paper bag over my head I probably would have."

VANOC CEO John Furlong on being a public figure.



"These were excellent and friendly Games!"

IOC president Jacques Rogge

Lessons from an old flame

Whether it was the fatal luge crash at Whistler's too-fast sled track, the spring-like weather, or the opening ceremony cauldron malfunction, Vancouver's 2010 Winter Olympics had a dismal start. But they enjoyed a strong finish because red mitten-clad Canadians poured into the streets to cheer on their athletes. But when it comes to a mega-event's legacy, host cities want more than smiles, high fives and happy memories. They want infrastructure, jobs and investment. With the 2014 Winter Games starting next month, Metro looks at Vancouver's Olympic legacy, which could serve as a warning — or hope — for both Sochi and Toronto, host of the 2015 Pan American Games

BOB MACKIN

Metro in Vancouver



The Olympic cauldron during the Vancouver 2010 Winter Olympics on Feb. 19, 2010, at left, and earlier this year. LEFT: HARRY HOW/GETTY IMAGES FILE; RIGHT: JENNIFER GAUTHIER/FOR METRO



THE PITCH

During his B.C. premiership, Gordon Campbell was the biggest salesman for the Vancouver 2010 Winter Olympics.

He claimed it would add \$10 billion to the province's economy and he boldly challenged the tourism industry to use the Games to double its revenue. Governments also tried to use the Games to spark domestic and international trade and investment, but the 2008 global economic crisis got in the way.

During the boom-and-bust, bid-to-hosting cycle between 2000 and 2010, Campbell's B.C. Progress Board found B.C.'s economy, personal income and jobs rankings fell behind other provinces and social conditions remained static at ninth overall.

TOURISM FALLS SHORT

Through 2012, tourism was a \$13.5-billion industry, unlikely to reach Campbell's \$18-billion wish by 2015.

"Even though it received a boost from the 2010 Olympic Games, the province's tourism sector has not kept pace with the rest of the economy over the longer run, as growth in 2011 and 2012 has been well below the average in other industries," according to a Destination B.C. report.

Since 2007, tourism expanded 4.5 per cent, which is below the 6.1 per cent for the overall economy and the 7.8 per cent for the service sector.

Buoyed by a record Olympic February, Vancouver registered 8.415 million hotel stays in 2010, far below the 2007 record

of 8.91 million. For 2012, the most recent year available, Vancouver counted 8.34 million room nights.

A BOOM FOR REAL ESTATE

Greater Vancouver home-building and buying boomed. The population has swelled by 100,000 since January 2010. The Economist Intelligence Unit named Vancouver the world's third most-livable city, but North America's most-expensive.

Metro Vancouver housing starts of 8,203 in 2000 reached 20,736 in 2007. After plummeting to 8,339 in 2009, starts recovered to 19,027 in 2012.

The Games had an estimated 1.8 billion viewers worldwide, including many deep-pocketed real estate investors.

Real Estate Board of Greater Vancouver statistics show the detached property benchmark was \$425,540 when the International Olympic Committee chose Vancouver in July 2003 and rose to \$800,796 in February 2010. It reached \$927,000 in December 2013.

NOT A BUSINESS DRAW

Vancouver, Richmond and Surrey combined with Western Economic Diversification Canada for the \$1.54-million Metro Vancouver Commerce hospitality program at Games-time. They wined, dined and plied 100 businesspeople with Games tickets, hoping to draw investment.

Two months after the Games, MVC boasted eight deals worth \$60 million. Four

small companies agreed to open Vancouver offices, none of which remains or appears active. A \$25-million hydrogen plant project between North Vancouver's H-Tec and Quebec's Air Liquide hasn't happened. Abbotsford's Cascade Aerospace denied a \$27 million deal with Lockheed Martin was related to MVC.

MVC's February 2011 update claimed \$168.8 million of investments — of which \$146.4 million were one-offs. MVC took credit for luring Mission: Impossible 4 to shoot in Vancouver and Digital Domain's work on Tron and Thor. Digital Domain spokeswoman Julie Miller said the studio couldn't attribute any of its growth to MVC.

Pixar, the Disney digital animation studio, drew Campbell

and Mayor Gregor Robertson to the post-Olympic opening of its Gastown office in April 2010. It closed in October 2013.

WAS IT WORTH IT?

So what became of Campbell's \$10 billion Olympic boost?

An October 2011 PwC report commissioned by Ottawa and Victoria estimated the Games increased B.C.'s Gross Domestic Product by \$2.3 billion from 2003 to 2010. Hosting the Olympics was among many reasons why B.C.'s debt grew \$24 billion over the last decade.

Was the Games' \$6 billion-plus price tag money well-spent? In early 2011, B.C.'s then-Auditor General John Doyle chose not to conduct a post-Games audit.

Post-Games: The good, bad and ugly of the venues

The Olympic-triggered, \$800-million Sea-to-Sky Highway widening made the drive to Whistler faster and smoother. Vancouver International Airport is only 26 minutes from downtown via the \$1.9-billion Canada Line. Vancouver Convention Centre was expanded for \$880 million to host major international conventions and it has the 2010 Winter Games cauldron as a decoration.

But with Canada's athletes bound for next month's Sochi Olympics getting a street party send-off Jan. 11 in Banff — not Whistler — and a homecoming parade planned for May in Calgary, the 1988 Games host that remains the national winter sports training base, one has to wonder: What's the Vancouver 2010 winter sport legacy?

BOB MACKIN/FOR METRO IN VANCOUVER

Vancouver Olympic Village: \$1.1 B

Petitioned to receivership in November 2010, all but 67 of the 1,108 units were sold or rented by November 2013. City of Vancouver is forecasting a \$50 million loss, not counting the \$171 million developer Millennium was supposed to pay for the land. Dozens of condo owners are going to B.C. Supreme Court April 7 to seek refunds. Canada's Sochi 2014 snowboarding team, including Regina's Mark McMorris and 2010 gold medalist Maëlle Ricker of Squamish, was unveiled here on Jan. 3.



Richmond Olympic Oval: \$178 M

Last June's Tough Mudder obstacle race drew 20,000 participants and spectators to Whistler Olympic Park, the biggest Callaghan Valley event since the Games. The two-week Sea-to-Sky Nordic Festival last March served as national championships for the four nordic disciplines, including women's ski jumping. No alpine skiing or snowboarding world cups have returned to the region. Alex Bilodeau won Canada's first home gold medal on Cypress Mountain's freestyle slope, but the Olympic halfpipe was demolished.

Whistler Olympic Park: \$122 M

Site of cross-country skiing, biathlon, nordic combined and ski jumping, it drew 20,000 to last June's Tough Mudder obstacle race. The two-week Sea-to-Sky Nordic Festival last March included national championships for women's ski jumping, which debuts at Sochi 2014 after a failed legal battle before Vancouver 2010.



Whistler Sliding Centre: \$119 M

As of November, all but 67 of the 1,108 units at the \$1.1 billion Village on False Creek had been sold or rented, three years after it was put into receivership over \$740 million owed by developer Millennium. City of Vancouver forecast a \$50-million loss, not including the \$171 million Millennium was supposed to pay for the prime waterfront land. Sixty-eight condo owners, who allege shoddy workmanship, are suing city hall for refunds. A B.C. Supreme Court trial is scheduled to begin April 7.



Elsewhere

Curling is still played at the \$85.45 million Hillcrest Centre, but its post-Olympic configuration includes a hockey rink, swimming pools and a library. Cypress Mountain cost \$17.6 million to prep for the Games. Alex Bilodeau won Canada's first home gold on its freestyle skiing slope, but the snowboarding halfpipe was demolished after the Games. Ceremonies venue B.C. Place Stadium, renovated for \$514 million after the Games, boasts the B.C. Sports Hall of Fame and its Olympics gallery.



Luge tragedy remains darkest legacy of 2010

Outside Whistler Sliding Centre's office, a plaque on a bench in memory of luger Nodar Kumaritashvili reads: "In his honour, live life fully and pursue excellence in all that you do." The flag of Georgia is draped above.

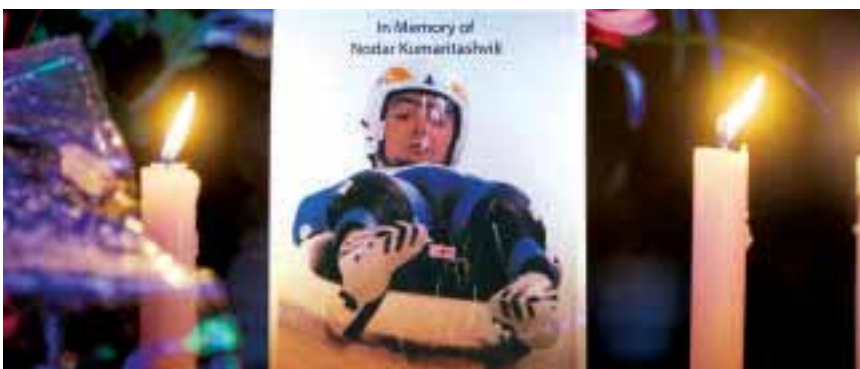
The 21-year-old, from the country next door to Sochi, reached 144.3 km/h during the fateful Feb. 12, 2010 training run, exceeding the track's designed speed. He was catapulted off his out-of-control sled, into an unpadded pole, and pronounced dead an hour later.

Unlike Polish-born-Brit Kazimierz Kay-Skrzypski at Innsbruck 1964, Kumaritashvili's crash was broadcast and it was on opening day.

In February 2011, CBC's Fifth Estate revealed a March 2009 email by VANOC CEO John Furlong to senior VANOC executives. Architect Udo Gurgel complained the track was not built to his speed specifications.

"An athlete gets badly injured or worse and I think the case could be made we were warned and did nothing," Furlong wrote.

The B.C. Coroner ruled it an accident. A safety audit by Southern Alberta Institute of Technology recommended international luge and bobsled



A small vigil for Georgian luger Nodar Kumaritashvili was held under large Olympic rings in the village prior to the opening ceremonies in Whistler, B.C., on Feb. 12, 2010. BERNARD WEIL/TORSTAR NEWS SERVICE FILE

federations improve track design guidance, a maximum safe velocity, rollover barrier design standards, incident analysis, equipment safety and driver/slider competence.

The men's start was moved down to the women's level the day after the tragedy. A new women's start was built for the 2013 world championships.

The steep Blackcomb slope and narrow footprint helped make Whistler the world's fastest track, one-fifth the width of Salt Lake's 2002 track. The \$119 million sliding centre opened in 2008, more than double the Bid Book budget. Did a nearby run-of-river power plant influ-

ence the design?

Correspondence between Fitzsimmons Creek power plant builder Ledcor and the Vancouver 2010 Bid Corporation in 2002 and 2003 indicated the location for the 3.4 km penstock pipe was contentious. Ledcor worried that moving it too close to cliffsides would be risky and warranted compensation from VANOC for the added costs. The 2009-installed pipe comes within 10 m of the track. Owner Innergex began operations in January 2010.

SAIT Prof. Alex Zahavich said his audit did not look at "anything relative to the surrounding area." International

Luge Federation executive director Svein Romstad was unaware the penstock was a bid-era issue. VANOC construction chief Dan Doyle said it was "resolved without much fuss."

"I do not remember having to change the design of the track because of it," said Doyle, now B.C. Premier Christy Clark's chief of staff.

Online

For more on Metro's 2010 Olympics look back, go to metronews.ca.



With opposing hearts

Olympic booster and opponent ponder Vancouver legacy

Ex-Vancouver Canucks owner Arthur Griffiths was Vancouver Whistler Bid Society's leader when it got Canadian Olympic Committee approval in 1998 to seek the 2010 Games. Scientist and author Chris Shaw was Vancouver's best-known Olympic critic. In separate interviews they look back at Vancouver 2010.

Most important legacy?

Griffiths: "The spirit that Vancouver demonstrated... That our fans, the residents and so on just really stepped up to the plate and made this a fun experience for anybody that watched or attended the Games."

Shaw: "The Government of Canada, acting on behalf of the Olympics, made the possibility of civil dissent a subject for surveillance. For me that was the most shocking revelation, that our society is not as free and democratic."

Was it money well spent?

Griffiths: "Without question... Ultimately Vancouver showed that you can host the Olympics by creating venues that have real long term use and take advantage of the venues that are already here."

Shaw: "I don't think so. Comparing it to the Russians, guess we got a bargain! That \$6 billion or whatever the real number turned out to be could clearly have been used for many more beneficial things that would have aided society at large."

Advice for Toronto, host of the 2015 Pan American Games.

Griffiths: "They're spread out over such a vast area. It is a huge, huge undertaking, just more athletes than the Winter Games. I hope they will demonstrate to themselves, they will demonstrate to anybody looking, the IOC and FIFA, that there is an opportunity for Toronto ... to host a future Games or some major sporting event. Toronto is more than equipped for it."

Shaw: "Your city is going to change for that period of time and you will not be able to go about your business the same way because it is for the benefit of the people who run the Games... best advice is to do what a lot of people did in Vancouver: Get out of town... Having said that, if you really want to express your view, go out in the streets with a placard and see how far you get with that and express your displeasure to the powers that be." BOB MACKIN/FOR METRO IN VANCOUVER



TORSTAR NEWS SERVICE FILE

Chill bills & thrills

The week's snowy start and record-breaking cold snap packed a mighty punch for pretty much everyone involved. For some, the punch was good. For others, it meant adding insult to (chilly) injury

METRO STAFF
london@metronews.ca

THE LOSERS. Taxpayers on the hook for city cleanup costs, business owners' with frozen pipes and outdoor destinations all felt a blow from this week's snow and chill.



Plowing snow costs big dough

At least \$450,000.

That's where John Parsons, divisional manager in transportation and roadside operations, puts the city's bill for handling this week's weather.

The winter had already been bad enough to hike the cost for the taxpayer beyond what was expected. Now, there's no doubt the city will spend more than budgeted for the season, Parsons said.

"I don't know what the final number is yet," he said. "Our contractors are so busy that they haven't sent all the invoices yet. They're just trickling in now."

Frozen pipe chills Billy's Diner grill

It was all a pipe dream for Billy's Diner owner Jeff Harvey — and a bad dream at that.

Not only did the record cold Tuesday keep many patrons off the street and out of the restaurant, but it also took hold of a water pipe and refused to let go.

And just like that, Harvey was done for the day.

"Tuesdays are slower days, anyway, but I'd say we lost about \$750 in customers and a couple of hundred on the plumber," Harvey said.

The Dundas Street eatery could've stayed open, he added, but only a hardy few bothered to brave the cold to get there in the first place.



Lots of snow, but fewer skiers

While die-hard enthusiasts enjoyed what Boler Mountain had to offer, fair-weather skiers and snowboarders chose to stay indoors for most of the week.

"Attendance was down through the bitterly cold that's for sure," said Marty Thody, part of the ski club's management team.

The first week of learning programs for beginners were also cancelled due to the freezing temperatures.

"We just felt it would be an undesirable first experience for them," he said.

But, despite the cold, Thody said they couldn't be happier with all the heavy snowfall accompanying the cold snap.

THE WINNERS. Businesses that cater to furnaces, pipes, emergency child-minding and piping warmth into bellies all saw a bump this week.



Come on, light my furnace

Problems with faulty, or old furnaces, unable to cope with the cold left plumbing and heating companies were working overtime to meet demand.

"Normally this is a slow time, but it's kept the service guys working 18-hour days, and that does help revenue," said Peter Inch, general manager of Roy Inch and Sons Service Experts.

Maintenance calls doubled when the cold started, something Inch had an inkling might happen. Even so, he was caught off guard with how many Londoners were unprepared to cope.

Child minders busy as schools close

When it became clear that London was in for a unique weather incident, the YMCA made plans to deal with it.

Schools were likely to close and many parents simply wouldn't be able to take a day or two off from jobs on such short notice. Kids needed a place to go and options were limited.

"We offer summer camps and Christmas break camps and March break camps for the kids," said vice-president of health, fitness and recreation Geoff Vogt. "So when we saw what was going to happen we just extended those programs to the snow days ... and lowered our fees because it was an unexpected expense for parents coming out of Christmas for sure."



Soup was a hot commodity

Everybody may have been shivering, but for a certain business in London it was just soup.

Staff at the Piping Kettle on Commissioners Road said they were expecting sales to be good this winter because their location has been in place for a year and word had spread.

But the popularity of their soup has been even greater than expected, with sales as much as tripling at times after the snow hit.

This week was no exception.

"We had to bring in extra people," a staff member said.



The Thames River isn't expected to rise dramatically during this weekend's brief thaw. But, experts are still advising caution. MIKE DONACHIE/METRO

Water warning issued as the big thaw starts

The big thaw has begun, and with it comes a warning.

Melting snow and ice is already heading downhill across the area, and the Upper Thames River Conservation Authority is keeping a careful eye on it.

No flooding is anticipated.

"The snowpack should be able to absorb any rain and melting that this system delivers," said UTRCA senior water resources engineer Mark Hel-

sten.

But, he's reminding "everyone to use extreme caution near all watercourses."

"Even a minor increase in water levels will make ice unstable," he said.

A combination of higher temperatures and expected rain should make for a damp Friday and Saturday, the authority said.

Helsten pointed to a forecast

of 10 to 20 millimetres of rain over the two days, with daytime temperatures expected to be above freezing into Monday, when things are expected to freeze up again.

Although flooding isn't on the immediate radar, what's happening now could rear its head in that form once things start to heat up for good.

Helsten estimated, as of Thursday, the watershed snow-

pack contained the equivalent of 40 to 80 millimetres of water content.

"The (forecasted) rain will add to the water content of the snow pack, increasing the potential for flooding when a more significant period of warming happens in the future," he said.

UTRCA officials will report on any changing conditions if necessary. MIKE DONACHIE/METRO

N.B. train derailment. Investigators find cracked wheel, broken rail at site

A preliminary investigation into a fiery train derailment in New Brunswick has found a cracked wheel and broken rail at the site but it's too early to say what caused the train to leave the tracks, a senior investigator with the Transportation Safety Board said Thursday.

Guy Laporte said he has had limited access to the scene of the wreckage because of a fire that has been burning since Tuesday night. The CN freight train was carrying crude oil and liquefied petroleum gas when it derailed in Wapske.

CN spokesman Jim Feeny said the company believes a wheel and axle failure was the cause of the derailment based on its preliminary investigation, but Laporte said it's premature to determine that.



Derailed train cars burn near Plaster Rock, N.B., on Wednesday.
TOM BATEMAN/THE CANADIAN PRESS

"It is too early to say what the cause is and contributing factors of this accident might be," Laporte told a news conference Thursday in the village of Plaster Rock, near the derailment site.

THE CANADIAN PRESS

Too big to fail? Over \$1.7B already spent on Cyclone helicopter purchase plan

More than \$1.7 billion has already been spent on the elusive effort to upgrade Canada's helicopter fleet, internal documents show, providing a clue as to why the Harper government is sticking with the troubled program.

In the aftermath of an independent report last fall on the beleaguered plan to buy the CH-148 Cyclone choppers as replacements for Canada's aging Sea King fleet, the government acknowledged it was looking at other aircraft, even going so far as to meet with other manufacturers.

Documents show the money went towards "acquisition progress payments" and "in-service support set-up." The nearly decade-long program has delivered just four test helicopters that National Defence has refused to formally accept.

Cancelling the program was clearly not an option, say critics who accuse the Conservatives of perpetrating a charade with its consultations last fall.

"It would have been a bigger blow to them, to their base, than the F-35 situation," said NDP defence critic Jack Harris.

THE CANADIAN PRESS

Firebomb attack

Fate of 2 Canadians held in Mexico still unclear

Two Canadian women detained in Mexico City in connection with a firebomb attack are still waiting to learn if they will face criminal charges or be set free.

Mexican officials say authorities are currently considering the firebombing an act of vandalism, but that the ongoing investigation could lead to serious criminal charges against the Canadians.

THE CANADIAN PRESS

U.S. national security

Obama weighing options on NSA's phone program

U.S. President Barack Obama is still grappling with key decisions on the future of the National Security Agency's phone collection program, lawmakers said Thursday.

Obama is expected to back tighter restrictions on foreign leader spying and is considering stripping the NSA of its ability to store telephone records from millions of Americans.

THE ASSOCIATED PRESS



N.J. governor apologizes to mayor for his staff's 'stupidity'

New Jersey Gov. Chris Christie, second left, arrives at Fort Lee, N.J., where he travelled to apologize in person to Mayor Mark Sokolich. Moving quickly to contain a widening political scandal, Christie fired one of his top aides Thursday and apologized repeatedly for the "abject stupidity" of his staff, insisting he had no idea anyone around him had engineered traffic jams to get even with a Democratic mayor. RICHARD DREW/THE ASSOCIATED PRESS

Experts say Wright could be let off hook

Senate expense scandal. RCMP's focus on criminal charges could help PM's former chief of staff avoid legal consequences

Nigel Wright could avoid facing legal consequences for his central role in the Senate expense scandal if the RCMP remains focused strictly on possible criminal offences, parliamentary law experts say.

They believe the surer route for prosecutors

against Prime Minister Stephen Harper's former chief of staff is an obscure section of the Parliament of Canada Act.

But so far, the Mounties do not appear to be considering it.

Documents filed in court show the RCMP is intent on proving Wright, along with Sen. Mike Duffy, is guilty of bribery, fraud and breach of trust, as spelled out in the Criminal Code. Wright personally gave Duffy \$90,000 so that the senator could pay back disputed living expense claims.

For Rob Walsh, former law clerk for the House of

Commons, the Wright-Duffy transaction appears on its face to be a clear violation of Sec. 16 of the Parliament of Canada Act.

Walsh said he believes it would be easier to secure a conviction under the act than under any of the Criminal Code provisions cited thus far by the RCMP. Indeed, he doubts criminal charges could be made to stick in relation to the Wright-Duffy deal.

"The evidentiary burden I think is less (under the act) and, to that extent, it ought to be an easier task to prosecute," Walsh said in an interview. THE CANADIAN PRESS

Sec. 16

The act specifies that no senator shall receive "any compensation, directly or indirectly," for services rendered in relation to any bill, contract, controversy, accusation or other matter before the Senate, House or any committee.

- The act further stipulates that it is an "indictable offence" to offer compensation to a senator, punishable by up to one year imprisonment and a fine of \$500 to \$2,000.

Can older firefighters still take the heat?

Older firefighters near the end of their careers might think they can deal with heat, but a new study suggests otherwise.

The Journal of Occupational and Environmental Hygiene published a report on the effects of heat stress on firefighters and non-firefighters.

One might assume that seasoned blaze-battlers are biologically better adapted to

hot habitats than the average Joe, so Glen P. Kenny tested that theory.

The professor at the School of Human Kinetics at the University of Ottawa studied two groups of 51-year-olds: one group of firefighters and another group of equally physically fit non-firefighters.

He led both groups through intensive exercises

while exposed to heat and he measured their physiological responses, including core temperatures.

The results surprised him. "Firefighters and non-firefighters have the same thermal and cardiovascular response (to heat)," said Kenny. "The only difference is their perceived level of physical strain."

So while seasoned firefighters may think they can take the heat, their physiological responses do not differ from others their age.

Kenny said his findings mean there needs to be better industry guidelines for aging employees who work in the heat, not just firefighters, but construction and road workers. LUCY SCHOLEY/METRO

Brain infection?

WHO interested in autopsy after bird-flu death

A World Health Organization expert would like more information on North America's first H5N1 bird flu fatality, because initial reports have suggested the woman's symptoms were not entirely typical.

Dr. Nikki Shindo says the agency would like to know if there has been an autopsy or if one is planned.

Alberta's chief medical officer has said the woman had neurological symptoms that made doctors suspect she had encephalitis, or a brain infection.

While that isn't a common symptom of flu, it can happen and has been reported in some H5N1 cases.

THE CANADIAN PRESS

A man with experience

Ford questions Canada's stance on marijuana

Toronto Mayor Rob Ford questioned why the federal government won't decriminalize marijuana.

The mayor was asked about the issue Thursday on a Washington, D.C.-based sports radio show.

Ford, who has previously said he has smoked "a lot" of marijuana, said decriminalization likely won't happen in Canada as long as the Conservatives are in power.

But he says he has questioned that policy, saying, "Why wouldn't they at least ... try to get revenue from it?"

Ford also said that he did indeed give his wife money for Christmas — \$5,000 — and she was "really happy."

THE CANADIAN PRESS

Jeopardy scourge

IBM's Watson takes Manhattan

One of the most famous Jeopardy! champs of all time is moving to Manhattan — and it's not Ken Jennings.

IBM announced Thursday that it's investing more than \$1 billion to give its Watson cloud-computing system its own business division and a new home.

The Armonk, N.Y.-based computing company said the new business unit will be dedicated to the development and commercialization of the project that first gained fame by defeating a pair of Jeopardy! champions, including 74-time winner Jennings, in 2011.

Watson's massive analytical capabilities are being used in industries ranging from health care to banking.

THE ASSOCIATED PRESS

Cyberbullying can ruin — or end — lives, campaign says

Stop Hating Online. MacKay and Rehtaeh Parsons's father stress mindfulness at launch



HALEY RYAN
Metro in Halifax

A crowd of more than 100 students listened quietly as Glen Canning talked about how much damage sharing a private photo can have on someone's life during the launch of a new anti-cyberbullying campaign on Thursday.

Canning spoke at Halifax's Fairview Junior High School alongside Justice Minister Peter MacKay, who said the point of the awareness campaign is for parents and children to know when cyberbullying crosses into illegal territory with the distribution of intimate pictures.

"Please stop and just think about it. Think about how hurtful and harmful that

could be," said Canning, father of Rehtaeh Parsons.

Parsons died after taking her own life last April, following what her parents say was months of bullying after an explicit photo was spread around her school.

"You could really end somebody's life," Canning said.

The campaign, Stop Hating Online, will appear around the country in a new commercial, which shows teens sharing a private photo via cellphone before a police officer places them under arrest.

MacKay said it's important to get the message across to kids that sharing intimate photos isn't just wrong, but could change their own lives forever by putting them in jail.

Amanda Jamieson, 15, said she was really glad to see so many people getting behind the anti-cyberbullying message.

"This is something that's really important that should be taken care of," Jamieson

Ever-present

"It's extreme. It doesn't end. It's everywhere."

Fairview Junior High School student Amanda Jamieson, 14, on cyberbullying

said.

She added cyberbullying is commonplace in junior high, so it's important to talk to those who are being bullied and help them feel like they have a friend.

While some have criticized the proposed federal law on distributing images without consent by saying it gives police too much power, MacKay said it's important to modernize the Criminal Code.

He said police would go through a judge to obtain a warrant to search online messages and records, so there are safeguards in place.

"Given the very real and devastating effects of cyberbullying, we have to do something and we have to do it quickly," MacKay said.



Justice Minister Peter MacKay arrives with his wife Nazanin Afshin-Jam and son Kian at Fairview Junior High School in Halifax on Thursday. MacKay announced a national campaign to stop cyberbullying. ANDREW VAUGHAN/THE CANADIAN PRESS

No-women request gets OK from York, scorn from politicians

Federal MPs of all political stripes took a Toronto university to task Tuesday for siding with a male student who requested that he be excused from participating in a group project with women.

The York University student, whose name has not been released, cited religious grounds for the request. His religion is unclear.

Sociology professor Paul Grayson originally rejected the man's request last fall; the student went on to meet with his female classmates as

scheduled.

But Grayson said he was later told by the dean of the faculty of liberal arts and professional studies that the student should have been accommodated, since the request did not have a "substantial impact" on the rights of other students.

"York is a public secular university with a commitment to equality," Grayson wrote in a Dec. 9 report.

"As a result, my initial assessment was that to grant the accommodation would be to

give tacit support to a negative view of women."

The administration's position found no support among federal MPs asked about the controversy Tuesday.

"This is what we've tried to combat in places like Afghanistan," Justice Minister Peter MacKay said.

"Building schools there, and ensuring now that millions of girls are able to attend school alongside boys, I believe, is a very positive accomplishment of our country."

Added NDP Leader Tom

Mulcair: "I don't think a university should be accommodating such a demand."

Parliamentarians with ridings in the vicinity of York also weighed in.

"It's nothing short of ridiculous," Liberal MP Judy Sgro said. "We live in a country seeking gender equality.... This is Canada, pure and simple."

Conservative MP Mark Adler said in an email that the school "needs to realize that this kind of sexism has no place in Canadian society."

THE CANADIAN PRESS

Other controversies

It's not the first time the question of accommodating religious beliefs has made waves in Ottawa.

- Federal parties, with the exception of the Bloc Québécois, have roundly criticized the Quebec government over its proposed charter of values, which would restrict the wearing of conspicuous religious

symbols such as turbans and hijabs by public-sector workers.

- But MPs have shown their own thresholds for such accommodations in the past. For example, there has been collective support for insisting voters show their faces while casting a ballot during federal elections.

Cuba

Fidel Castro appears in public

Former President Fidel Castro has made his first public appearance in nine months, attending the opening of an art studio in the Cuban capital. Castro last appeared in public on April 9, 2013, when he attended the inauguration of a Havana school.

THE ASSOCIATED PRESS

Sarajevo

Last shoe shiner passes away

Thousands of Bosnians have signed a petition urging authorities to erect a monument to Sarajevo's last shoe shiner, who died at 83 after charming generations. As if waiting to be cleaned, a pair of old shoes stood Thursday in front of the wooden chair on which Husein Hasani — known as Uncle Misho — usually sat. Citizens laid flowers and lit candles around the chair.

THE ASSOCIATED PRESS



Security concerns before Sochi Winter Olympics

Security personnel survey the Olympic Park on Jan. 9 in Alder, Russia, ahead of the Sochi 2014 Winter Olympics, which start on Feb. 6. A series of unexplained killings in southern Russia involving booby-trapped bombs has further heightened security fears ahead of next month's Winter Olympics in Sochi. Six men were found shot to death the day before in four cars in an area just north of the Caucasus Mountains region, where an Islamic insurgency is simmering.

MICHAEL HEIMAN/GETTY IMAGES

Pussy Riot sets up prisoners' rights NGO

'A social movement.'

Punk band will still make music, but its focus is on activism

The recently freed members of the punk protest group Pussy Riot will be less musical and even more political as they fight for human rights in Russia. Maria Alyokhina and Nadezhda Tolokonnikova have revealed plans to set up a new human rights organization called Zona Prava (Justice Zone), which will focus on protecting prisoners' rights. Alyokhina and Tolokonnikova spoke to Metro about their new project and their thoughts on the Sochi Games.

Q: When will your human rights organization begin to work?

Alyokhina: In late January, our organization Zona Prava will be officially registered. Even before this its website



Pussy Riot members Maria Alyokhina, left, and Nadezhda Tolokonnikova in court. ANDREY SVITAILLO/METRO IN MOSCOW FILE

will be set up, and all the information about it will appear across social networks.

Q: What will be the first actions Zona Prava will carry out?

Alyokhina: The very first actions will be directed towards specific people with whom we are connected. They are convicted women who testified before human rights activists about what's going on in the penal colonies. These people are subjected to repression, and we intend first and foremost to legally protect them. The issue is about court cases

and grievances made against various departmental and prosecutorial authorities.

Q: The Winter Olympics in Sochi take place next month. Will you boycott them?

Tolokonnikova: Yes, as citizens of Russia, we will boycott the Games. We will also call for all Russian citizens who do not agree with the current government's policy, as well as foreign representatives of different countries and companies to boycott the event.

JULIA DUDKINA/METRO WORLD NEWS IN MOSCOW

Live steps from Western University.

Newly Renovated Suites at Affordable Prices



Each designer suite offers brand new features including custom kitchen cabinetry, new appliances plus a dishwasher, new bathrooms and modern lighting.

Suites feature open-concept living with large windows, spacious living areas, as well as private balconies with spectacular city and university views.

Rent today! 888.294.7208

1231 & 1265 Richmond Street

Amenities include:

- Outdoor swimming pool
- Tennis court
- Off-leash dog park
- Brand-new fitness and yoga facility coming soon

Bachelor, 1, 2, and 3 Bedroom Suites

from \$865

Timbercreek
Communities

Visit www.timbercreekcommunities.com and click on Student Living.

Shopping. French Senate tries to give independent bookstores fairy tale ending

If the French Senate gets its way, retail giant Amazon and its online peers won't be able to offer free book deliveries in France anymore.

In an unusual show of unity Thursday, the upper house of parliament unanimously approved a bill that would amend a 33-year-old law regulating book prices, and help struggling independent book sellers, which have faced tough competition from cost-cutting online vendors in the digital age.

In essence, the Senate proposal would strip some of the convenience and financial advantage of having online book purchases delivered to the home or office. Ultimately, if approved, the legislation could weigh on the minds of customers when they decide whether to trek over to mom-and-pop bookshops instead of shopping online.

The bill would allow online vendors like U.S.-based Amazon to cut the regular delivery price by up to five per cent — but not provide free delivery. It differs



A new bill wants companies like Amazon to stop free delivery in France. THE ASSOCIATED PRESS

slightly from a bill passed in the National Assembly, parliament's lower house, in October, which said nothing about barring free delivery.

Amazon.fr systematically offers both a five per cent discount on books and free delivery. Amazon declined to comment. A company spokeswoman in France referred only to a previous statement following the Assembly vote that said "all measures aiming to raise the book price on the Internet will first penalize French consumers and lower their purchasing power."

THE ASSOCIATED PRESS

Food behemoths cut 6.4 trillion calories

78 calories per person.
Group of major U.S. food companies handily beats resolution to slim down calories in products

Some of the largest food companies in the U.S. have cut daily calorie counts by an average of 78 per person, a new study says, more than four times the amount the industry pledged to slash by next year.

The study, sponsored by the Robert Wood Johnson Foundation, found that between 2007 and 2012, the estimated total cut in food product calories from a group of 16 major food companies was in the range of 6.4 trillion.

Seventy-eight calories would be about the same as an average cookie or a medium apple, and the federal government estimates an average daily diet at around 2,000 calories.

The study said the calories cut averaged out to 78 calories per day for the entire U.S. population. The 2010 pledge taken by the companies — including General Mills Inc., Campbell Soup Co., ConAgra Foods Inc., Kraft Foods Inc., Kellogg Co., Coca-Cola Co., PepsiCo Inc. and Hershey Co.

Can see results

Evidence of the efforts by some of the largest food companies in the U.S. are visible on any grocery store shelf. These days shelves routinely feature smaller servings, such as 100-calorie packs of popular snacks and smaller cans of sugary drinks.

— was to cut one trillion calories by 2012 and 1.5 trillion calories by 2015. The Robert Wood Johnson Foundation signed on to hold the companies accountable, and that group hired researchers at the University of North Carolina at Chapel Hill to painstakingly count the calories in almost every single packaged item in the grocery store. To do that, the UNC researchers used the store-based scanner data of hundreds of thousands of foods, commercial databases and nutrition facts panels to calculate exactly how many calories the companies were selling. The researchers aren't yet releasing the entire study, but they said Thursday that the companies have exceeded their own goals by a wide margin.

Dr. James Marks, director of the Health Group at the Robert Wood Johnson Foundation, said the group is pleased with the results but



Some of the largest food companies in the U.S. have cut their calories by the trillions, according to a new study. J. DAVID AKE/THE ASSOCIATED PRESS

the companies "must sustain that reduction, as they've pledged to do, and other food companies should follow their lead."

The Robert Wood Johnson Foundation is a nonpartisan philanthropic and research organization that works to improve the nation's health.

Even though the companies that made the commitment represent most of the nation's most well-known food companies, they sold only around a third of all packaged foods and beverages at the beginning of the study. Missing are many off-

label brands sold under the names of retailers, and it's unknown whether those products have changed.

It is also unclear how the reduction in calories translates into consumers' diets. When the companies made the pledge in 2010, they said one way they would try and reduce calories would be to change portion sizes in an attempt to persuade consumers to eat less. The companies also said that they would develop new lower-calorie options and change existing products so they have fewer calories. THE ASSOCIATED PRESS

Market Minute



DOLLAR
92.15¢
(-0.41¢)



TSX
13,629.41 (+14.78)



OIL
\$91.66 US (-\$0.67)



GOLD
\$1,229.40 US (+\$3.90)

Natural gas: \$4.01 US (-\$0.02)
Dow Jones: 16,444.76 (-17.98)

Talize★ Career Fair

On Saturday **January 11th, 2014** come meet us at the **London Store** between **10 am - 4 pm** and discover a new career with Talize. We are looking for hardworking and customer focused individuals that thrive in a team-oriented work environment and have a passion for people! Visit us at **www.talize.com**

Positions

- Assistant Managers
- Department Managers
- Cashiers
- Sales Clerks
- Pricers & Rollers
- Recyclers

What we offer:

- Competitive Salaries
- Comprehensive health benefits
- Team Member discounts
- Dynamic work atmosphere with an opportunity to learn and grow
- Fast paced work environment

Location:

1345 Huron St, Unit 1A, London

Date:

Saturday January 11th, 2014

Time:

10 am - 4 pm

Please come with a copy of your resume and references.

We look forward to meeting you.



Mohamad Fakih, president and CEO of Paramount Fine Foods, and Toronto Maple Leafs forward Nazem Kadri help raise funds for Toronto's Hospital for Sick Children.

CONTRIBUTED PHOTOS

HELPING SICK KIDS, ONE BITE AT A TIME

PARAMOUNT TEAMS UP WITH LEAFS' KADRI FOR CHARITY

Paramount Fine Foods have teamed up with Toronto Maple Leafs forward Nazem Kadri — and the children at The Hospital for Sick Children in Toronto will be the true winners.

Paramount has created the Kadri Sandwich, with 10 per cent from the purchase of every sandwich going to the SickKids Foundation.

"The Kadri family have been very good friends to myself and my family," says Mohamad Fakih, the president and CEO of Paramount Fine Foods.

"(Nazem's father) Sam and I always have talked about doing something together. When Nazem settled his contract with Toronto, we signed a two-year deal for Nazem to represent us as a brand ambassador and we decided to create the Kadri sandwich."

Fakih and his team developed the sandwich based on Kadri's personal Paramount preference. The sandwich is filled with charcoal-grilled shish tawouk (marinated chicken breast), lettuce, tomato, cheese, and Paramount's famous garlic sauce. The agreement is scheduled to run for two years, but Fakih expects to continue renewing the contract.

Until March, every purchase of the Kadri sandwich will give customers an opportunity to win a dinner for six with Kadri. In addition, 10 per cent of all

Kadri sandwich purchases will go to SickKids. After that, he is hoping to expand the donations regionally to children's hospital facilities wherever there is a Paramount. Currently, there are locations in the Greater Toronto Area and London, with a second location opening at Western University in the fall. With Kadri born and raised in London, as well as playing some of his junior hockey days in the Forest City, it was a natural fit.

Although the match seems to be perfect, Fakih says they didn't go out with anyone in mind.

"We weren't looking for anybody to represent the brand," he says, adding that eventually the company realized that Kadri's lifestyle made him a good fit. "He's a role model to Canadian youth — he's committed to healthy living and we

promote healthy food.

"This great country of Canada has given me a great opportunity. In Nazem, we have a role model for anyone who wants to make a better life for themselves.

"My own children have started playing hockey because of Nazem."

Kadri becoming a brand ambassador is just the next step in Paramount's growth. In addition to a commitment to healthy, fresh food, Fakih said the company knows the importance of giving back.

"We built this great country on giving back. We want to encourage people to eat here, not only because it's healthy — I feed my own children in my restaurant — but because they can support giving back to their community.

— Jason Menard

PARAMOUNT
Middle Eastern Cuisine

**BRAND AMBASSADOR
NAZEM KADRI**
#1 OF THE TORONTO MAPLE LEAFS

ADDRESS
769 Southdale Rd. East
London, ON N6E 3B9
519 • 668 • 1800

\$5 OFF

CANADA
CINCO • FIVE
DOLLARS

WIN A DINNER FOR 6 WITH NAZEM KADRI!!
Receive a ticket with every purchase of a Kadri sandwich.
(10% of all Kadri sandwich purchases will be donated to SickKids Foundation.)

Paramountfinefoods.com

HASHTAGS, JELLY AND THE GREEN LADY

1 Hockey Canada. The team announced their men's roster live on TV and Twitter, and the hashtag #TeamCanada blew up with people chirping on who made the team and who didn't. After all, what's more important than the Olympic Men's Hockey team? Nothing. Biggest question mark: Why didn't Martin St. Louis make the team?

2 Hatching Twitter. This excellent new book by Nick Bilton tells the story of how Twitter came to be. It talks about the drama between the founders as the revolutionary social media platform was built and became the biggest thing since... well, Facebook. The book also explains that constant "Fail Whale" that used to plague the site.

3 Dragons' Den auditions. The 2014 Audition Tour for the hit show begins Jan. 18 in Toronto before heading coast to coast over the next few months to accept pitches from would-be entrepreneurs. My pitch this year will be a solar vortex line of clothing to combat Canadian weather such as blizzards and ice storms.

4 Tweet-a-Coffee. Starbucks Canada announced an e-gifting program, Tweet-a-Coffee, allowing customers to send \$5 gift



THE METRO LIST
Neil Morton
metronews.ca

cards through Twitter by going to Starbucks.ca. Customers can redeem it at stores by showing it directly on their mobile device. Great idea. Now when are we going to see Tweet-a-Double-Double from Tim Hortons?

5 Toronto Raptors. Ever since they traded their star player Rudy Gay in December, they have done everything but tank. In fact, they have become the talk of the NBA with their young, exciting nucleus of Terrence Ross, Kyle Lowry, Amir Johnson, Jonas Valanciunas and DeMar DeRozan. Playoff team? Slam dunk. This team is for real.

6 #WeAreWinter. The Canadian Olympic Committee announced a We Are Winter-marketing campaign including a social media partnership with Twitter to use the hashtag

#WeAreWinter. It is meant to denote Canadian Olympians can handle this winter stuff. It's at the heart of our identity. We'll prove it for sure when the Games begin Feb. 7 in Sochi, Russia. Until then, chill out.

7 Jelly. Twitter founder Biz Stone launched his startup Jelly, an app that lets you ask questions, push them out to your net-

work and get rapid responses. Jelly puts a heavy emphasis on visuals, encouraging users to post photos and ask questions about what they're seeing. This could become the world's biggest and longest visual Q & A ever.

8 Juan Pablo. The new season of The Bachelor debuted this week with 27 suitors for hunky Latino star Juan Pablo, whose name quickly went trending on social media. Thousands of guys are now secretly hoping their partner refers to them as "my Juan Pablo."

9 SNL. Mark Jan. 18 on your calendar as Canadian hip-hop star Drake will have double duty that night, being host and musical guest of SNL. That show also marks the debut of the show's new cast member Sasheer Zamata, the first female African-American cast member since Maya Rudolph's departure in 2007. This will be a special night.

10 The Green Lady. One of the oddest police releases ever went out this week. Someone stole a six-foot tall, 600-pound green avatar mannequin wearing a \$300 black fur coat from the front porch of a fashion store called Tragically Hipp in downtown Lakefield, Ont. She was known as The Green Lady. The Tragically Hip should write a song about her.



Follow The Metro List on
Twitter @TheMetroList

ZOOM

Meanwhile, in Australia ...



TRISH WIMBERLEY/AUSTRALIAN BAT CLINIC/THE ASSOCIATED PRESS

Record heat wave down under

Heat-stressed baby flying foxes are lined up ready to feed at the Australia Bat Clinic near the Gold Coast in Queensland, Australia. Bats are dropping from trees, kangaroos are collapsing in the Outback and gardens are turning brown. While North America freezes under record

polar temperatures, the southern hemisphere is experiencing the opposite extreme as heat records are set in Australia after the hottest year ever.

Weather forecasters said some parts of the sparsely populated Pilbara region along



the rugged northwest coast approached 50 C on Thursday.

The late arrival of the monsoon in northern Australia, which has a cooling effect, is contributing to the searing heat, said the manager of climate monitoring at Australia's Bureau of Meteorology. Global warming also plays a role, he said.

THE ASSOCIATED PRESS

By the numbers

50K

At least 50,000 bats have been killed by the heat in the state's southeast, said Louise Saunders, president of the Queensland animal welfare group Bat Conservation and Rescue. Heat-stressed bats cling to trees and urinate on themselves in a bid to reduce their body temperatures, she said. "As they succumb, they just fall in heaps at the base of trees ... you can have 250 or more. It's like dripping chocolate, all dying at the base of trees."

Clickbait



ANDREW FIFE
andrew.fife@metronews.ca

TVs boasting screens swollen to silly sizes have stolen the Consumer Electronics Show spotlight this week. But in the end, they're just TVs. Very, very expensive TVs. Nuts to that. We want gadgets! Here are three CES gizmos with crowdsourcing campaigns you can jump into.



COURTESY ATOUCHJET.COM

PrioVR:

Many gamers have been lusting for Oculus Rift, a virtual reality gaming system that boasts, among other things, a mortality-teasing guillotine simulator. PrioVR, pretty much a full-body VR Power Glove hosting an array of sensors capable of real-time motion capture, may be destined to turn this nascent VR lust into love. (prioivr.com)

Touch Jet:

Sure, a small projector that attaches to your mobile device so you can display your images on a wall is pretty cool. But

a device that projects a working touchscreen on a wall? That's some science-fiction that fits snugly in your pocket. The company behind it is planning to launch an Indiegogo campaign in February. (atouchjet.com)

Solar Cool:

We're willing to bet you've audibly wished for a solar-powered beverage cooler on some hot day, even if that probably seems like a distant memory this winter. Well, here it is: capable of holding up to 114 cans, this device promises to capture the heat of the sun and convert it to pleasant, drinkable refreshment. (solarcooltech.com)

Comments

RE: Danish Cinnamon Rolls Too Spicy for EU Rules, published online Wednesday, Jan. 9

EU = ultimate nanny state.
Myworkisdonehere, posted to metronews.ca

I'm glad they still have time for issues like this, we wouldn't want

them to solve the financial crisis that has plunged Southern Europe into a depression. There is a theory that says having a large proportion of young men in a society make it more warlike. Perhaps having a large proportion of seniors makes a society cautious to the point of inaction.

BugsBunny, posted to metronews.ca

WE WANT TO HEAR FROM YOU:
Send us your comments: londonletters@metronews.ca

Synopsis

The Reel Guys are hardy Canadians, but with the sub-zero weather we've been having lately even the most robust Canuck deserves a snow day. With that in mind, the Reel Guys have put away their long underwear, ear muffs and dignity and decided to stay home. At the risk of earning ridicule from our friends in Saskatchewan and other places where it regularly gets frigid, here are our ideas for movies to take your mind off the deep freeze. Close the drapes, turn up the heat and enjoy...

Reel Guys

RICHARD
CROUSE AND
MARK BRESLIN



Put on Blue Crush and pretend you're in Hawaii. HANDOUT

Come, warm yourself by the glowing blue screen

Movies to forget the snow. The Reel Guys chat about the films that get them hot

Richard: Spring Breakers was shot in St. Petersburg, Florida, so expect lots of beach shots, beautiful sunsets and a young cast — featuring Selena Gomez, Vanessa Hudgens, Ashley Benson and Rachel Korine—stripped down to clothing that would cause instant frost bite for those of us of living in the Great White North these days. The story of the illegal way they try to make money for spring break plays more like a wild music video than traditional film, but there's no denying the heat that comes off the screen.

Mark: Heat is right! I thought I was going through male menopause watching the movie. Another way to bring some cinematic heat into this cold hard winter is by watching as many surfing movies as possible. There are the documentaries, to be sure, but, wet suits replace bikinis ... not good! I like movies like Blue Crush, Soul Surfer, and my all-time favourite, Point Break, which mixes surfing, bank robbery, and acid cults with Keanu Reeves at the helm. Marvellous!

RC: Surfing movies were never really my thing, but in the goofy Surf's Up there's animated penguins, goofy sidekicks, loads of poop jokes and Zooey Deschanel but it's a cut above the rest. On another note, not since Meatballs has a movie captured

the silliness of summer camp. Wet Hot American Summer was shot in a cold Pennsylvania spring — you can even see the actor's breath sometimes — but it's still plenty steamy. The all-star millennial comedy cast features Paul Rudd, Amy Poehler and Bradley Cooper in a Hello Muddah, Hello Fadduh story about the last wild day of camp.

MB: Summer camp? I'm with you on the Canadian classic Meatballs, with the great Bill Murray. But there's another counter-intuitive way to go here, Richard. And that is to watch movies that depict a world so hot, you'll be wishing for some refreshing snowflakes. Just put on the great Lawrence of Arabia. You'll want to make a snowman

by the second hour. Or Gus Van Sant's Gerry or Antonioni's Zabriskie Point, both of which take place in literal and existential deserts. Dune would probably work too, although I've never met anyone who could watch it all the way through.

RC: Talk about flipping from one extreme to the other. I'll stick with a more moderate climate for my last pick. Under the Tuscan Sun is a hot love story starring Diane Lane set in moderate, but enjoyable temperatures.

MB: A lovely movie. But let's not forget the old standby: The Yule Log, burning brightly on DVD. Not much of a cast, the acting is wooden, but the dialogue crackles!

2 SCENE

Healthcare Career Training

303 Richmond St London Campus

Train as a:

Community Service Worker
Developmental Service Worker

Intra Oral Dental Assistant

Massage Therapist
Medical Laboratory Assistant/Technician
Medical Office Administrator
Personal Support Worker
Pharmacy Assistant

ENROLL NOW!



Medix College

of Healthcare
Division of the Career College Group



**Financial Assistance
for those who qualify**

medixcollege.ca



Cube and Hart buddy up in new comedy

Ride Along. Actors talk about trying to make a movie in the spirit of 48 Hours



NED EHRBAR
Metro World News in Hollywood

It takes a certain amount of confidence and bravado to wade into the buddy-cop genre with a brand new entry, and luckily no one's ever accused Ice Cube and Kevin Hart of lacking confidence. Here's what they had to say about what it took to pull off their new comedy, *Ride Along*.

Ice Cube on how to approach a "buddy-cop" movie:

The goal for *Ride Along* was to "be true to the characters and the script, but also try to find a niche that makes us unique. People have seen buddy comedies since movies began, even before that probably. There are some

great ones, and they're great for a reason: because they make their own niche and their own mark on the genre. That's what we wanted to do. We want it to be 48 Hours for this new generation who don't know who the hell Nick Nolte is.

Kevin Hart on being careful to not make his character too annoying:

You have to have someone there who can dial you back, and Cube coming in as an actor, a producer, a guy who was really in front of and behind the scenes on this film, he wasn't shy with collaboration and suggestions. When you're protected and everybody knows to pull you back when you're going too far, it just helps for not only a great rapport but for building trust.

Ice Cube on how annoying Kevin Hart actually is:

Kevin is not annoying at all just as himself, but he plays that mosquito very well. He knows how to



Kevin Hart and Ice Cube star in *Ride Along*, which opens next Friday. CONTRIBUTED

go there and make it feel honest and true, and that's cool because if you don't stay in your lane on these movies, they can kind of

cancel each other out. I'm not trying to be funny and he's not trying to say, 'OK, here's my scene where I can be Dirty Harry.' I trust that

he's going to come up with the funny lines, he's going to have the funny ad-libs. And he trusts me to sustain the setup and try to milk it

as long as we can before it falls apart.

Ice Cube on having an "I guess it was a good day" reference worked into the film:

Tim Story or the writers (thought of that). For some reason, in most of my movies I'm saying something that has to do with a record I've done. In *Torque*, I drove right by the police and they were like, 'Say f— the police right as you drive by.' I just did some stuff with 22 Jump Street where they wanted me to say one of my lines. It's cool. I don't mind. Only if it works for what we're doing, if it adds up to a wink-wink to the audience."

Kevin Hart on the joys of filming in Atlanta:

I loved Atlanta. I can't say why I had a good time because I don't want this to come out misconstrued. But I love Atlanta for a lot of reasons. I'm in a relationship and I love my lady. I just want to... clear that up. (laughs) I'll leave it there.

Give your child the gift that will last a lifetime!



Your child deserves the best start!

23 elementary schools

- ✓ PLAY-BASED LEARNING
- ✓ DAY CARE / BEFORE AND AFTER SCHOOL CHILDCARE SERVICES
- ✓ FULL DAY JK AND SK
- ✓ 100% FRANCOPHONE ENVIRONMENT
- ✓ HIGH-LEVEL BILINGUALISM
- ✓ ROOTED IN CATHOLIC VALUES

We're expecting you!

MyFrenchSchool.com

It's time to register...

An education that's amongst the best in Ontario!

CONSEIL SCOLAIRE CATHOLIQUE
Providence

METAL ROOFING AT FACTORY DIRECT PRICING

LONDON ECO-ROOF MANUFACTURING INC.



0% 0 0\$
INTEREST DEPOSIT PAYMENTS

Come to Our New Showroom for Affordable Metal Roofing. Available in **Steel** or **Aluminium** in wide range of colours and profiles.

1682 Dundas St. E. London, Ontario N5W 3C7

Open daily 9AM - 5PM and 9AM - 3PM Saturday

D.I.Y.'s & Contractors Welcome

PAY ABSOLUTELY NOTHING UNTIL OCTOBER 2014

Call to Book Your Free Cost Effective Quote

519.451.7663
1.855.838.9393



www.londonecoroof.com

Action/Biography



Lone Survivor

Director. Peter Berg

Stars. Mark Wahlberg,
Taylor Kitsch



Lone Survivor is further proof that war is hell. Based on a failed real-life SEAL Team 10's Afghanistan mission to locate and eliminate a Taliban leader — the movie's title is a spoiler. The operation goes wrong almost as soon as the team — Marcus (Mark Wahlberg), Michael (Taylor Kitsch), Danny (Emile Hirsch) and Matthew (Ben Foster) — touch ground in the Kush Mountains. Not since Saving Private Ryan has a battle scene been so effectively rendered but it isn't a propaganda film: it's a stark reminder of the camaraderie of soldiers.

RICHARD CROUSE

Drama/Comedy



Her

Director. Spike Jonze

Stars. Joaquin Phoenix



Writer-director Spike Jonze's latest oddball offering is an emotionally sophisticated, Sci-Fi tinted love story hiding in an absurdist fantasy skin. In it, Joaquin Phoenix plays a professional letter writer who falls madly in love with his sentient, sensual operating system (voiced gloriously by Scarlett Johansson) with surprising, surreal results. Her is like a mad amalgam of Ray Bradbury's I Sing The Body Electric smashed up against Demon Seed anchored by sly satire and an unforgettable, career best turn by Phoenix.

CHRIS ALEXANDER

Comedy/Drama



August:
Osage County

Director. John Wells

Stars. Meryl Streep, Julia Roberts, Benedict Cumberbatch



Fans of dysfunctional family dramas, you've hit the jackpot. In this adaptation of playwright Tracy Letts's August: Osage County, a patriarch's mysterious disappearance prompts a star-studded family reunion that will make your wacky relatives look saintly. The highly anticipated on-screen union of Streep and Roberts doesn't disappoint, but it's understated, touching performances by Cumberbatch, Margo Martindale and Juliette Lewis that give August its gravitas.

MANORI RAVINDRAN

Drama/Comedy



Inside
Llewyn Davis

Directors. Joel & Ethan Coen

Stars. Oscar Isaac,
Carey Mulligan



Inside Llewyn Davis is certainly not a film for everyone. Meandering, melancholic and moody, it's the type of intricate comedic drama that's not only established the Coen Brothers as cinema icons but equally tempered the pair's box office draw. In this tale of a folk singer flirting with self-destruction, The Coens construct the texture of 1960's New York. Alongside some accomplished musical sequences, the film makes a fascinating and heart-breaking character study.

STEVE GOW

Lone Survivor. Films about Navy SEALs tricky projects for producers

Marcus Luttrell, the former Navy SEAL whose deadly mission in Afghanistan has been turned into the film Lone Survivor, strides into a hotel room for an interview, trailed by his service dog, Mr. Rigby.

The tall, hulking, goateed Navy Cross recipient greets a journalist with a rock-hard grip, and nods to director Peter Berg and star Mark Wahlberg, who plays him in the film.

Based on Luttrell's best-selling 2007 memoir, Lone Survivor is about a 2005 four-man operation in north-eastern Afghanistan's Kunar province, which fell apart when a trio of goat herders stumbled upon the staked-out SEALs.

After releasing the civilians and aborting the mission, the SEALs were quickly ambushed by the Taliban in a firefight that tumbled down a rocky gulch, killed Luttrell's three fellow SEALs, left Luttrell badly injured and, in an attempted rescue, killed 16

more men.

Lone Survivor is the latest in a series of films that pays tribute to the U.S. Navy's special forces.

Luttrell would rather not talk about any of it. He went along with Lone Survivor and wrote the book at the urging of his superiors. Lone Survivor is a uniquely close collaboration, one in which Berg and Wahlberg (both producers) worked under significant pressure from the families of those who died and active-duty SEALs to faithfully render the soldiers' lives, in battle and in brotherhood.

"I was at the screening when there were a hundred moms and dads of dead soldiers," says Berg. "And I was at a screening where there were 500 active members of special operations, ... And those are different. Because when those lights come up, those people are going to look you in the eye."

THE ASSOCIATED PRESS

THESE PAGES COVER MOVIE START TIMES FROM FRI., JAN. 10 TO THURS., JAN. 16. TIMES ARE SUBJECT TO CHANGE.

Hyland Cinema 240 Wharnclyffe Road South

The Book Thief (PG) Fri-Sat 4:45
Sun 4:35 Mon 6:45 Tue 2:30 Wed
4:30 Thu 9:05
Dallas Buyers Club (18A) Fri 2:30
Sat 9:15 Sun 7 Mon 4:30 Tue 4:55
Wed 7 Thu 2:45
Good Vibrations (14A) Fri 9:15 Sat
2:45 Sun 9:15 Mon 2:30 Tue-Wed
9:15 Thu 5
Philomena (PG) Fri 12:30-7:15 Sat
12:45-7:15 Sun 12:30-2:30 Mon
12:30-9:15 Tue 12:30-7:15 Wed
12:30-2:30 Thu 12:45-7:05

Rainbow Cinemas London 355 Wellington St.

American Hustle (14A) Fri-Thu
12:55-3:50-6:50-9:40
Anchorman 2: The Legend Con-
tinues (PG) Fri-Wed 9:25
August: Osage County (14A) Fri-
Thu 1:10-3:45-7-9:35
Frozen (G) Fri-Thu 1-3:30-7:05
Her (14A) No Passes Fri-Thu 1:15-
4-7:10-9:45
The Hobbit: The Desolation of
Smaug (PG) Fri-Thu 12:50-3:55-7:20
Jack Ryan: Shadow Recruit (STC)
Thu 9:30
Paranormal Activity: The Marked
Ones (14A) No Passes Fri-Thu 1:05-
3:35-7:15-9:30
The Wolf of Wall Street (18A) Fri-
Thu 12:45-4:15-7:45

Western Film Room 340, UCC Building, Argo (14A) Fri-Thu 9:50

Mean Girls (PG) Fri-Sat 12
Out of the Furnace (14A) Fri-Thu
9:15

Thor: The Dark World (PG) Fri 7
Sat-Sun 2:10-4:30-7 Mon-Thu 7

Wellington 8 Cinemas 983 Wellington Rd. S.

Anchorman 2: The Legend Con47
Ronin (PG) Sat-Sun 3:20
47 Ronin 3D (PG) Fri 6:40 Sat-Sun
12:30-6:40 Mon-Thu 5:10
American Hustle (14A) Fri 6:30-9:40
Sat-Sun 12:20-3:25-6:30-9:40 Mon-
Thu 5-8:10
Anchorman 2: The Legend Con-
tinues (PG) Fri 7-9:50 Sat-Sun
1-3:50-7-9:50 Mon-Thu 5:30-8:30
Grudge Match (14A) Fri-Sun 9:25
Mon-Thu 7:50 The Hobbit: The
Desolation of Smaug (PG) Sat-Sun
12:45 The Hobbit: The Desolation
of Smaug 3D (PG) Fri 8:10 Sat-Sun
4:10-8:10 Mon-Thu 7:40
Lone Survivor (14A) Fri 6:50-9:45
Sat-Sun 12:50-3:40-6:50-9:45 Mon-
Thu 5:20-8:15
Paranormal Activity: The Marked
Ones (14A) Fri 7:10-9:30 Sat-Sun
1:10-3:45-7:10-9:30 Mon-Thu 5:40-8
Saving Mr. Banks (PG) Fri 6:45-9:35
Sat-Sun 12:40-3:30-6:45-9:35 Mon-
Thu 5:15-8:20
The Wolf of Wall Street (18A) Fri 8
Sat-Sun 12:15-4-8 Mon-Thu 7:30

Cineplex Odeon West- mount & VIP Cinemas 755 Wonderland Road South

An Affair to Remember (STC) Sun
12:55 Wed 7
American Hustle (14A) Fri 4-7:20-
10:35 Sat 1-4:15-7:20-10:35 Sun
1:40-4:15-7:20-10:30 Mon 7-10:05
Tue 4-7:20-10:30 Wed 1:10-7-10:05
Thu 7-10:05



Paranormal Activity: The Marked Ones . CONTRIBUTED

Anchorman 2: The Legend Con-
tinues (PG) Fri 5-7:45-10:35 Sat
2:10-5-7:45-10:40 Sun 5-7:45-10:30
Mon 7:20-10:10 Tue 5-7:45-10:30
Wed 9:50 Thu 7:20-10:10 Star &
Strollers Screening Wed 1
August: Osage County (14A) Fri
3:30-7-9:50 Sat-Sun 12:20-4:10-7-
9:50 Mon 6:40-9:35 Tue 3:30-7-9:50
Wed 1:30-6:40-9:35 Thu 6:40-9:35
Star & Strollers Screening Wed 1
Frozen (G) Sat-Sun 12
Frozen 3D (G) Fri 4:30-7:10 Sat-Sun
1:30-4:30-7:10 Mon 7 Tue 4:30-7:10
Wed-Thu 7
The Hobbit: The Desolation of
Smaug (PG) Fri-Sun 9:45 Mon 9:30
Tue 9:45 Wed-Thu 9:30
The Hobbit: The Desolation of
Smaug 3D (PG) Fri 3:20-6:50-10:20

Sat 12:40-3:15-6:50-10:20 Sun 12:40-
3:15-6:50-10:15 Mon 6:30-9:55 Tue
3:20-6:50-10:20 Wed-Thu 6:30-9:55
Fri 3:15-7:10-10:30 Sat-Sun 12:10-
3:20-7:10-10:30 Mon 8:30 Tue 3:15-
7:10-10:30 Wed-Thu 8:30
The Hunger Games: Catching Fire
(PG) Fri-Sun 6:40-9:55 Mon 6:50-10
Tue 6:40-9:55 Wed-Thu 6:50-10
Lone Survivor (14A) Fri 4:20-6:40-
10 Sat-Sun 12:30-3:50-6:40-10 Mon
8 Tue 4:20-6:40-10 Wed-Thu 8 Fri
4:40-7:30-10:30 Sat 1:50-4:40-7:30-
10:30 Sun 1:50-4:40-7:30-10:25 Mon
7:10-10 Tue 4:40-7:30-10:25 Wed
1:20-7:10-10 Thu 7:10-10
Walking With Dinosaurs (PG) Sat-
Sun 12
Walking With Dinosaurs 3D (PG)
Fri 4:15 Sat-Sun 2:10-4:20 Tue 4:15

The Wolf of Wall Street (18A) Fri
3:15-6:30-10:15 Sat-Sun 2:40-6:30-
10:15 Mon 8 Tue 3:15-6:30-10:15
Wed-Thu 8 Fri 6:10-9:30 Sat-Sun
2:15-6:10-9:30 Mon 7:30 Tue 6:10-
9:30 Wed-Thu 7:30

SilverCity London 1680 Richmond St

47 Ronin 3D (PG) Fri-Thu 10:25
American Hustle (14A) Fri 1:15-
4:20-7:30-10:45 Sat 1:15-4:20-7:30-
10:30 Sun 1-4:05-7:15-10:30 Mon
1-4:05-7:20-10:30 Tue 1:15-4:20-
7:30-10:45 Wed 4:05-7:20-10:30 Thu
1-4:05-9:55 Star & Strollers Screen-
ing Wed 1
Anchorman 2: The Legend Con-
tinues (PG) Fri 1:35-4:25-7:15-10:30
Sat 11:10-1:55-4:40-7:25-10:30
Sun-Mon 1:35-4:25-7:10-10:05 Tue
1:35-4:25-7:15-10:30 Wed 1:35-4:25-
7:10-10:05 Thu 12:40-3:35-6:30
Devil's Due (14A) No Passes Thu
10:20
Evangelion: 3.0 You Can (Not) Redo
(PG) Sat 12:55 Thu 7:30
Frozen (G) Fri 12:30 Sat-Thu 12:35
Frozen 3D (G) Fri-Sun 3-5:35-8 Mon
3-5:35-7:55 Tue 3-5:35-8 Wed-Thu
3-5:35-7:55
Her (14A) Fri 12:50-3:50-7-10:10
Sat 12:50-3:50-6:55-10:10 Sun-Mon
12:45-3:50-7-10:10 Tue 12:50-3:50-7-
10:10 Wed 3:55-7-10:10 Thu 1-3:55-
7-10:10 Star & Strollers Screening
Wed 1
The Hobbit: The Desolation of
Smaug: An IMAX 3D Experience
(PG) Fri 12:30-4-7:20-10:45 Sat
12:15-3:45-7:20-10:35 Sun-Mon
12:25-3:40-7:05-10:25 Tue 12:30-
4-7:20-10:45 Wed-Thu 12:25-3:40-
7:05-10:25
The Hunger Games: Catching Fire

(PG) Fri 1:10-4:20-7:35-10:50 Sat
1-4:10-7:35-10:50 Sun-Mon 12:35-
3:45-6:55-10:15 Tue 12:25-4:20-7:35-
10:55 Wed-Thu 12:35-3:45-6:55-
10:15 Inside Llewyn Davis (14A) Fri
1:25-4:15-8:05-10:40 Sat 1:25-4:15-
8:10-10:50 Sun-Mon 1:10-4-7:50-
10:35 Tue 1:25-4:15-8:05-10:40 Wed
1:10-4-7:50-10:35 Thu 12:55-3:45-
7:45-10:30
Jack Ryan: Shadow Recruit (STC) No
Passes Thu 9:30
Lone Survivor (14A) Fri 1:45-4:40-
7:40-10:35 Sat 11:25-2:15-5:05-7:55-
10:45 Sun 1:25-4:20-7:20-10:15 Mon
1:25-4:20-7:15-10:15 Tue 1:45-4:40-
7:40-10:35 Wed-Thu 1:25-4:20-7:15-
10:15 Paranormal Activity: The
Marked Ones (14A) Fri 1:20-3:40-
6-8:15-10:35 Sat 1:20-3:25-5:40-8-
10:20 Sun 1:20-3:40-6-8:15-10:35
Mon 12:40-3-5:10-7:35-10:10 Tue
1:20-3:40-6-8:15-10:35 Wed 12:40-
3-5:10-7:30-10:10 Thu 12:40-3-5:10-
7:25-10:10
Puss in Boots (G) Sat 11
Saving Mr. Banks (PG) Fri 1:05-4:20-
7:10-10 Sat 11:20-2:10-5-7:45-10:40
Sun-Thu 1:05-4:10-7:10-10
The Secret Life of Walter Mitty (PG)
Fri 7:45-10:20 Sat 6:45-10:55 Sun
7:35-10:20 Mon 10:20 Tue 6:45-10:40
Wed 7:40-10:20 Thu 7:40
V for Vendetta (14A) Mon 7:30
Walking With Dinosaurs (PG) Fri
12:55 Sun-Mon 12:30 Tue 12:55
Wed-Thu 12:30
Walking With Dinosaurs 3D (PG)
Fri 3:15-5:30 Sat 4 Sun 3-5:15 Mon
2:50-5:15 Tue 4 Wed-Thu 2:50-5:15
The Wolf of Wall Street (18A) Fri
12:50-4:35-8:25 Sat 11:10-3-7:15-
9:20 Sun-Mon 12:50-4:35-8:25 Tue
12:50-3:30-7:15-9:15 Wed-Thu
12:50-4:35-8:25



Jessica Chastain DISNEYPARKS/THE ASSOCIATED PRESS

Leibovitz's latest Disney creation sees Chastain Brave it on horseback

Actress Jessica Chastain is the latest celebrity to portray a Disney character for the Disney Dream Portrait series by photographer Annie Leibovitz. She appears as Merida from the animated film Brave in pictures taken during a photo shoot in Cold Spring, N.Y. The series,

which debuted in 2007, features celebrities set in Disney fantasy settings. Taylor Swift has posed as Rapunzel, Tina Fey was Tinker Bell, Russell Brand was Captain Hook and actress-singer Jennifer Hudson was Tiana from The Princess and the Frog.



Robert Pattinson GETTY IMAGES

Pattinson gets playful with artist friend but Penn has no need to worry

Robert Pattinson was reportedly getting "very touchy-feely" with London-based artist Nettie Wakefield on a night out together, according to the British tabloid newspaper The Sun. "They were trying to keep a low profile but Rob teased Nettie by messing with her hair and they had a flirty play-fight," a

source says. "Afterwards they were giggling like teenagers." Pattinson's rep insists, though, that the pair are "very good friends and are definitely not dating," which is probably good news for Dylan Penn, aspiring screenwriter and daughter of Sean Penn, whom Pattinson has reportedly been dating since November.

METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

The Word



Actress-singer Jennifer Hudson, right, and sister Julia Hudson. GETTY IMAGES

Humanitarian award has Hudson fighting back the tears

Jennifer Hudson held back tears when she accepted the favourite humanitarian award at the 2014 People's Choice Awards on Wednesday night.

Accompanied on stage by her sister Julia Hudson, the Oscar-winning actress became choked up as she said: "My mother always taught us without family you have nothing. Whether you know it or not, we all are family. What happens to the other happens to us. It's one thing to be a celebrity and have power, but it means nothing if we're not making a difference and helping someone else."

Hudson created the Chicago-based Julian D. King Gift Foundation with her sis-

ter, Julia Hudson, in honour of her nephew, Julian King, who was murdered in 2008 at the age of seven. The crime also took the lives of the Hudsons' mother and brother.

The foundation aims to provide stability and positive experiences for children. Hudson was presented with the award by LL Cool J. "It feels good to see positivity acknowledged," she said. "Where we come from all you hear about is who shot who and who went to jail. There is more to life than the block you live on. We want to show them that I came from the same area and if I can do it, you can do it too. It does not stop there."

Hudson's speech was the only thing to strike a strong emotional chord during the ceremony. Bestowing the humanitarian award remains a gripping moment in a show primarily packed with light-hearted banter.

THE ASSOCIATED PRESS



Demi Moore GETTY IMAGES

Moore alone in paradise with her man Friday

Demi Moore seems to be bouncing back from her divorce just fine, as she was spotted frolicking on a Mexican beach vacation with her new 27-year-old boyfriend, Dead Sara drummer Sean Friday, according to Us Weekly. "Sean held her really close," says a source,

adding that the pair "kissed a lot" and "were flirting." Moore first met Friday back in May thanks to 25-year-old daughter Rumer Willis. "Rumer brought (Demi) to a show in Los Angeles," the source explains. "She thought he was a fun guy her mom would like."



Kelly Osbourne GETTY IMAGES

Osbourne's engagement off after 'amicable' split

The wedding's off for Kelly Osbourne, who just announced that she's split from fiancé Matthew Mosshart just months after announcing their engagement. "Kelly Osbourne and Matthew Mosshart have decided to end their engagement," her rep tells People magazine. "The

split is amicable and the pair continue to have nothing but the utmost respect for one another. Kelly is looking forward to a new year full of fresh beginnings. No further comment will be provided."

The pair met in 2011 at Kate Moss' wedding.

Twitter



@jtimberlake

What do we do after we win 3 People's Choice Awards?!?! Easy... Go to Taco Bell!!



@kevin_nealon

People that lose a lot of weight always look like they lost a lot of weight.

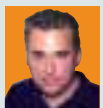


@tyrabanks

Biggest pet peeve? When people don't finish the water in their water bottles! JUST FINISH IT!

Liquid Assets

A glass of the cheap stuff



LIQUID ASSETS
Peter Rockwell
@therealwineguy
liquidassets@eastlink.ca

Unless you're one of "those" people who keep Christmas decorations up until Easter, the only holiday joy yet to be spread is from your credit card companies.

Wine appreciation on a budget doesn't mean you have to scrimp on quality. In fact, the majority of wines between \$10 and \$12 dollars are solidly constructed and pleasantly consistent vintage to vintage.

Sure, while you'll give up nuance and complexity the cheaper you drink, most over deliver at their modest price points.

The best advice is to look for blended wines — those made from more than one grape variety — from warmer climates. Combining the juice of different berries can elevate the personality a simple wine (with each berry supporting the overall union) and reliable weather conditions assist in creating a standardized flavour profile.

Hardys' 2012 Stamp Series Riesling Gewurztraminer (\$9.95 - \$10.99)

is a good example of my philosophy and its soft, floral aromas and off-dry, tropical-meets-citrus palate gives it food pairing versatility. Start with pork roast or Asian cuisine. **PRICES**

REFLECT THE RANGE ACROSS THE COUNTRY. SOME PRODUCTS MAY NOT BE AVAILABLE IN ALL PROVINCES.



TOTAL TIME
20 MINUTES

This recipe serves four. MATTHEW MEAD/ THE ASSOCIATED PRESS

Where the American South and China meet

Dessert. Coconut-Orange Ambrosia

Ingredients

- 8 to 10 large navel oranges
- 2 oz (4 tbsp) orange liqueur
- 2 tsp superfine sugar
- Pinch of salt
- Flesh from 1 fresh coconut, grated
- 1 sprig fresh mint
- Whipped cream

During Chinese New Year, displaying and eating tangerines and oranges is said to bring wealth and luck. Sounds like a fine start to the new year!

It doesn't hurt that oranges are hitting their prime about now. A great way to use up oranges is to make ambrosia, a lightly sweet treat that originates in the American South.

The two main ingredients are oranges and coconut, both welcome on any Chinese table. So celebrating Chinese New

Year with this classic dish seems about right.

1. Use a paring knife to cut off the tops and bottoms of each orange. One at a time, stand each orange on a cut side and

slice off the peel on all sides.

2. One at a time, hold the peeled oranges in a cupped hand over a bowl to catch the juices. Use the paring knife to cut out the orange segments from between the membranes. Add the segments to the bowl. When all of the segments have been removed from each orange, squeeze the membranes

over the bowl to get as much juice as possible.

3. Sprinkle the oranges with the orange liqueur, sugar and salt. Toss gently. Divide between 4 serving bowls. Top with the fresh coconut, a few fresh mint leaves and whipped cream. **THE ASSOCIATED PRESS/ ELIZABETH KARMEI, AUTHOR OF SOAKED, SLATHERED AND SEASONED.**

3 HOURS



What do you think about exercise?

Tell us what really happens with exercise



Your participation is welcome if you are:

- A healthy adult between the ages of 35 and 65
- NOT currently exercising

A \$20 grocery store gift card for study participation will be provided



For more information or to sign up please contact
thoughtsonexercise@gmail.com (519) 661-3211 ext 6

PRINCIPAL INVESTIGATOR: Dr. Craig Hall

Nemat's RESTAURANT

EAT-IN • TAKE-OUT • CATERING

1225 Wonderland Road North
Sherwood Forest Mall
(next to Goodlife Fitness)

519.204.0424



VEGGIE CURRIES

	Small	Large
Lentils	\$2.99	\$3.99
Eggplant & Tomato	\$3.99	\$4.99
Chickpeas Curry	\$3.99	\$4.99
Spinach & Chickpeas	\$3.99	\$4.99
Okra & Tomatoes	\$3.99	\$4.99
Spinach & Potatoes	\$3.99	\$4.99
Mixed Vegetables	\$3.99	\$4.99

MEAT CURRIES

	Small	Large
Butter Chicken	\$4.99	\$5.99
Nihari	\$4.99	\$5.99
Spicy Coconut Chicken	\$4.99	\$5.99
Chicken Tikka	\$6.99	\$8.99
Beef Korma	\$6.99	\$8.99
Beef Haleem	\$4.99	\$5.99
Lamb Korma	\$8.99	\$10.99
Aloo Keema	\$4.99	\$5.99

RICE & BREADS

	Small	Large
Plain Basmati	\$2.00	\$4.00
Biryani	\$2.99	\$4.99
Naan Bread	\$1.00 each	Paratha \$1.00 each

Authentic Pakistani & Indian Food

WE MAKE 50+ DIFFERENT KINDS OF SAMOSAS
from scratch in our own kitchen!



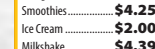
SALADS

	Small	Large
Garden Salad	\$2.99	\$4.99
Caesar Salad	\$2.99	\$4.99
Fruit Salad	\$3.99	\$5.99
Tandoori Chicken Salad	\$5.99	\$7.99



SANDWICHES

Veggie Wrap	\$2.99	
Egg Salad	\$2.99	
Tuna Wrap	\$3.71	
Tandoori Chicken Wrap	\$3.99	Smoked
Bun Kabab	\$2.99	Salmon
Chicken Burger	\$2.99	Hot dog



DRINKS AND REFRESHMENTS

Mango Lassi	\$4.25
Smoothies	\$4.25
Ice Cream	\$2.00
Milkshake	\$4.39

Mon-Fri. 10am-8pm | Sat 11am-6pm | Closed Sundays

www.nemats.com

Enjoy our daily specials for.....\$4.39

Try our 7 famous combos for.....\$4.99

*prices subject to change without notice.

When the weather outside is frightful, a mug of mulled wine is delightful

Embrace winter.

Is the polar vortex getting to you? Warm your insides with this easy slow-cooker recipe

This week's frigid forecast had us thinking we'd like to play hooky. But that wasn't the most realistic plan. Instead, we discovered the next best thing.

One way to warm up when the weather gets this frightening — and to treat yourself for facing the brutal temps — is with a comforting glass of velvety mulled wine. Your frozen friends will thank you.

And if you want to wait for the weekend, the drink is perfect for winter parties and, well, the day after winter parties, when your kitch-

Ingredients

- 1 bottle of red wine
- Juice and zest of one orange
- 8-10 cloves
- 1 tsp fresh or 2 tsp ground ginger
- Sugar or sweetener to taste
- Cinnamon sticks

en counter is filled with half empty bottles of wine.

Pick an inexpensive dry or semi-dry red, and avoid acidic or sweet flavours; you could try a merlot, burgundy or beaujolais.

1. Combine all ingredients in a slow cooker. Gently warm on low to medium heat for 20-25 minutes. Do not boil. Ensure the ingredients are well blended and serve when the mulled wine is steaming. **METRO WORLD NEWS**



This recipe serves 4 to 6 people. ISTOCK

► Max out your TFSA contribution, not your credit card.

Get a \$25 Bonus* when you become a new ING DIRECT Client and open a TFSA. Plus get a special **2.50% interest rate**** on balances until April 30, 2014.

ingdirect.ca

ING DIRECT
forward banking™



ING Bank of Canada and its subsidiaries have been acquired by The Bank of Nova Scotia and are no longer affiliated with ING Groep N.V. The trademarks ING, ING DIRECT, ING Lion, the ING Lion logo and any derivation, variation, translation or adaptation thereof are trademarks of ING Groep N.V. and are used under license. TM forward banking is a trademark of ING Bank of Canada. *Offer valid from January 1, 2014 to March 31, 2014 for New Clients joining ING DIRECT with TFSA as First Product. Client must activate their TFSA Account and deposit their minimum initial deposit of \$100 within 30 days of enrolment. Limit of one Bonus per person. May not be combined with any other offer. ING DIRECT will open a companion Investment Savings Account and deposit the Bonus there within 30 days of funding. ** Registered rate of 2.50% is available between January 1, 2014 and April 30, 2014 on all net new deposits made between January 1, 2014 and March 31, 2014 to qualifying Tax-Free Investment Savings Account (TFSA). Interest is calculated daily and paid monthly. Rates, like the weather, are subject to change. For full details visit ingdirect.ca/maxout.

NHL

Redden ready for retirement

Former Ottawa Senators all-star defenceman and World Cup of Hockey gold medallist Wade Redden retired Thursday after a 14-year NHL career.

Redden played a total of 1,023 regular-season games with Ottawa, the New York Rangers, St. Louis and Boston. He finished with 457 points (109 goals, 348 assists) and a plus-160 rating over his career. **THE CANADIAN PRESS**

Figure skating

Local stars Virtue, Moir to have final dance in Ottawa

Olympic ice dance champions Tessa Virtue and Scott Moir will most likely be making their final competitive appearance in Canada at this weekend's nationals in Ottawa, as they're expected to retire following the Sochi Olympics.

Canada has three Olympic berths in men's singles, ice dance and pairs, and two berths in women's singles, which make it the largest team in Sochi.

Skate Canada will name its Olympic team on Sunday. **THE CANADIAN PRESS**



Tessa Virtue and Scott Moir practice on Thursday in Ottawa. **THE CANADIAN PRESS**



London's Garrett Williamson drives to the basket against Brampton's Cedric Moodie during Thursday's game at Budweiser Gardens. ANGELA MULLINS/METRO

Lightning bring A game vs. Brampton

NBL Canada. Coaches admit to budding rivalry between clubs atop league standings



DAVE LANGFORD
dave.langford@metronews.ca

Coach David Magley was asked before the game whether he sensed there was rivalry developing between his Brampton A's and the two-time defending champion London Lightning.

"I'd like to think that we've been competitive and

On Thursday	
107	95
Lightning	A's

have gotten their attention and they're just the best, so they've earned our attention," Magley responded.

Somehow a 12-0 Brampton lead four minutes into the game did indeed catch the attention of the Lightning as the battle for first place in the National Basketball League

was in full swing.

In the end, the Lightning awoke from their early slumber — leading 47-40 at the half — and the result was a 107-95 highly-entertaining victory for London before 3,828 spectators in its final home game until Jan. 22.

The win moved the Lightning (16-6) a half game ahead of the A's (16-7) in the standings.

London now plays five games on the road, beginning Saturday in Charlottetown and Sunday in Moncton.

Marvin Phillips and Garrett Williamson led the Lightning with 20 and 19 points. Tim Ellis was right behind with 18.

Dedric Moodie had 19 points to lead the A's.

Lightning coach Micheal Ray Richardson agreed that the A's have now made the Central conference a three-team race with Windsor being the ugly step sister. Along with that battle comes a new rivalry.

"(The rivalry) is the same, because they are in our division so we have to win these games. If we are going to get to the championship, we are going to have to go through Windsor and Brampton," Richardson said.

"Windsor is a lot more physical; Brampton has a lot of shooters."

4 SPORTS




OVERTIME

with Micheal Ray Richardson

Get on the inside track with the London Lightning as Metro's Dave Langford chats with coach and former NBA star Micheal Ray, every week at metronews.ca

metro
metronews.ca



Chris Tierney, centre, is leading the London Knights in scoring and is seventh in the OHL points race. METRO FILE

Tierney continues to impress Knights

OHL. Team's leading scorer starting to attract more attention with dominant play



DAVE LANGFORD
dave.langford@metronews.ca

London Knights centre Chris Tierney sometimes gets overlooked by the Budweiser Gardens faithful.

On the forward ranks, he's not as flashy as Max Domi, not as feisty as the Rupert twins, not the made-for-hockey name like Bo Horvat and not as large as Josh Anderson.

But there isn't one Knights teammate and coach — along with knowledgeable fans — who doesn't realize just how important the 19-year-old is to the team's success.

The fourth-year Knight is leading the team in scoring with 24 goals and 36 as-

sists, good for 60 points in 39 games. Those numbers place him seventh in league scoring.

Playing on a line with Domi and Ryan Rupert, Tierney lit it up when his five world junior-bound teammates had better places to be, moving himself and Domi into the OHL Top 10 scoring in their absence.

Knights coach Dale Hunter knows just how valuable Tierney is to the team.

"When the guys left, he really picked his game up. He and Max and Ryan Rupert were together most of the time. They've been really good for us," Hunter said.

"I can't say enough about Chris. He's a leader of our team."

Tierney was a second-round pick of the San Jose Sharks two years ago and this season he has already surpassed his point total for last year.

"I'm pretty happy so far, but that being said there's a lot of hockey left and I want to keep up my play and get better

Billet blues

The only people in Chris Tierney's life not thrilled with him at the moment are his billets, Beal school principal Paul McKenzie and his family.

- A three-player London trade with Owen Sound on Wednesday in which centre Gemel Smith became a Knight is to blame.

- "My billets are from Owen Sound. They weren't happy about losing Gemel because my billet's parents are big Attack fans and they go to every game."

every game," Tierney said.

This year, Tierney was able to attend the Sharks' camp after being shut out last season because of the lockout. He keeps in contact periodically with the team.

NFL

Gruden hired to revamp Redskins

Jay Gruden says he doesn't care about the Washington Redskins' tumultuous past, and he has built a "genuine" trust with franchise player Robert Griffin III.

The former Bengals offensive co-ordinator was introduced Thursday as coach of the Redskins. He signed a five-year deal Wednesday as the successor to Mike Shanahan, who was fired last week after a 3-13 season.

THE ASSOCIATED PRESS

MLB

Le Batard barred from HOF voting

Dan Le Batard has been kicked out of the Baseball Writers' Association of America for one year and barred from future Hall of Fame votes after the Miami Herald columnist turned over his 2014 ballot to a website that allowed readers to choose the selections.

The decision was made Thursday by the BBWAA board of directors, a day after Le Batard said he let deadspin.com cast his ballot. THE ASSOCIATED PRESS

MLB. Verlander expected to be ready for 2014 season after undergoing surgery

Tigers ace Justin Verlander underwent muscle repair surgery Thursday after injuring himself last month during off-season conditioning.

Dr. Bill Meyers in Philadelphia performed the operation on Verlander, who is expected to need six weeks of rehab before being evaluated again. The first workout for Detroit's pitchers and catchers at spring training is scheduled for Feb. 14. The first spring training game is Feb. 25 against Florida Southern College.

"We fully anticipate Justin to participate in spring training and be in a position to compete at the beginning of the 2014 season," general manager Dave Dombrowski said in a statement.

The team did not identify the "core muscle" that was repaired, but called the surgery successful. Verlander turns 31 on Feb. 20.

The Tigers said Verlander hurt himself at the end of December. There was also a message posted on Verlander's Twitter account:

"Thanks for the support regarding my surgery today," it said. "It went well and now



Tigers pitcher Justin Verlander underwent surgery Thursday.
RONALD MARTINEZ/GETTY IMAGES FILE

my only focus is to get ready for 2014! #determined"

Verlander went 13-12 last year with a 3.46 ERA for the AL Central champions. He has been Detroit's opening day starter for the last six seasons, the longest active streak by any player with one team, according to STATS. If Verlander isn't at full strength for Detroit's regular-season opener against Kansas City on March 31, the Tigers do have Max Scherzer, the reigning AL Cy Young Award winner.

THE ASSOCIATED PRESS

NHL

EASTERN CONFERENCE

ATLANTIC DIVISION

	GP	W	L	OL	GF	GA	Pt
Boston	43	28	13	2	126	94	58
Tampa Bay	43	26	13	4	123	102	56
Montreal	45	25	15	5	115	106	55
Detroit	43	19	14	10	114	121	48
Toronto	44	21	18	5	122	132	47
Ottawa	45	19	18	8	129	145	46
Florida	43	16	21	6	102	136	38
Buffalo	42	12	26	4	74	118	28

METROPOLITAN DIVISION

	GP	W	L	OL	GF	GA	Pt
Pittsburgh	45	32	12	1	147	107	65
Philadelphia	44	23	17	4	117	119	50
N.Y. Rangers	45	22	20	3	111	121	47
Washington	42	20	16	6	128	128	46
Carolina	43	18	16	9	105	124	45
New Jersey	44	17	18	9	103	113	43
Columbus	43	19	20	4	117	126	42
N.Y. Islanders	45	16	22	7	124	149	39

Thursday's results

Dallas at New Jersey
Toronto at Carolina
Florida at Buffalo
Washington at Tampa Bay
Anaheim at Nashville
St. Louis at Calgary
Minnesota at Phoenix
Boston at Los Angeles
Detroit at San Jose

Wednesday's results

Colorado 4 Ottawa 3 (OT)
N.Y. Rangers 3 Chicago 2
Philadelphia 3 Montreal 1
Friday's games — All Times Eastern
Dallas at N.Y. Rangers, 7 p.m.
Toronto at Washington, 7 p.m.
Carolina at Columbus, 7 p.m.
N.Y. Islanders at Colorado, 9 p.m.
Pittsburgh at Edmonton, 10 p.m.
St. Louis at Vancouver, 10 p.m.

SCORING LEADERS

	G	A	Pt
Crosby, Pgh	24	41	65
Kane, Chi	23	31	54
Tavares, NYI	20	34	54
Getzlaf, Ana	20	29	49
Kunitz, Pgh	23	25	48
Thornton, SJ	5	43	48
Sharp, Chi	25	22	47

Not including last night's games

WESTERN CONFERENCE

CENTRAL DIVISION

	GP	W	L	OL	GF	GA	Pt
Chicago	46	29	8	9	169	127	67
St. Louis	42	30	7	5	155	97	65
Colorado	43	27	12	4	127	111	58
Minnesota	45	23	17	5	108	114	51
Dallas	42	20	15	7	123	131	47
Nashville	44	19	19	6	105	131	44
Winnipeg	46	19	22	5	125	139	43

PACIFIC DIVISION

	GP	W	L	OL	GF	GA	Pt
Anaheim	45	32	8	5	151	113	69
San Jose	44	27	11	6	144	114	60
Los Angeles	44	26	13	5	114	91	57
Vancouver	45	23	13	9	121	113	55
Phoenix	42	21	12	9	129	127	51
Calgary	43	15	22	6	100	137	36
Edmonton	46	14	27	5	119	161	33

Note: Two points for a win, one point for overtime loss.

Saturday's games

Tampa Bay at Philadelphia, 1 p.m.
Chicago at Montreal, 7 p.m.
Ottawa at Nashville, 7 p.m.
Columbus at Winnipeg, 7 p.m.
Florida at New Jersey, 7 p.m.
Colorado at Minnesota, 8 p.m.
Anaheim at Phoenix, 8 p.m.
Pittsburgh at Calgary, 10 p.m.
Detroit at Los Angeles, 10:30 p.m.
Boston at San Jose, 10:30 p.m.

Sunday's games

Buffalo at Washington, 3 p.m.
N.Y. Islanders at Dallas, 6 p.m.
New Jersey at Toronto, 7 p.m.
Edmonton at Chicago, 7 p.m.
Philadelphia at N.Y. Rangers, 7 p.m.
Minnesota at Nashville, 7 p.m.
Detroit at Anaheim, 8 p.m.

NFL PLAYOFFS

DIVISIONAL PLAYOFFS

Saturday's games — All Times Eastern

NFC — New Orleans at Seattle, 4:35 p.m.
AFC — Indianapolis at New England, 8:15 p.m.
Sunday's games
NFC — San Francisco at Carolina, 1:05 p.m.
AFC — San Diego at Denver, 4:40 p.m.

NBA

EASTERN CONFERENCE

	W	L	Pct	GB
d-Indiana	28	7	.800	—
d-Miami	27	8	.771	1
Atlanta	19	17	.528	9½
d-Toronto	17	17	.500	10½
Washington	16	17	.485	11
Chicago	15	18	.455	12
Charlotte	15	21	.417	13½
Brooklyn	14	21	.400	14
Detroit	14	22	.389	14½
Boston	13	23	.361	15½
New York	12	22	.353	15½
Cleveland	12	23	.343	16
Philadelphia	12	23	.343	16
Orlando	10	25	.286	18
Milwaukee	7	27	.206	20½

WESTERN CONFERENCE

	W	L	Pct	GB
d-San Antonio	28	8	.778	—
d-Oklahoma City	27	8	.771	½
Portland	27	9	.750	1
d-L.A. Clippers	25	13	.658	4
Houston	23	13	.639	5
Golden State	24	14	.632	5
Phoenix	21	13	.618	6
Dallas	20	16	.556	8
Denver	17	17	.500	10
Minnesota	17	18	.486	10½
New Orleans	15	19	.441	12
Memphis	15	19	.441	12
L.A. Lakers	14	22	.389	14
Sacramento	11	22	.333	15½
Utah	12	25	.324	16½

d — division leaders ranked in top four positions.

Thursday's results

Miami at New York
Oklahoma City at Denver
Wednesday's late results
Toronto 112 Detroit 91
Atlanta 97 Indiana 87
L.A. Clippers 111 Boston 105
Washington 102 New Orleans 96
Friday's games — All Times Eastern
Detroit at Philadelphia, 7 p.m.
Washington at Indiana, 7 p.m.
Houston at Atlanta, 7:30 p.m.
Charlotte at Minnesota, 8 p.m.
Miami at Brooklyn, 8 p.m.
Phoenix at Memphis, 8 p.m.
Dallas at New Orleans, 8 p.m.
Chicago at Milwaukee, 8:30 p.m.
Cleveland at Utah, 9 p.m.
Orlando at Sacramento, 10 p.m.
Boston at Golden State, 10:30 p.m.
L.A. Lakers at L.A. Clippers, 10:30 p.m.

Horoscopes

Aries

March 21 - April 20

There are so many ambitions you want to pursue and so many goals you want to reach, but not even an Aries can do everything at once. Decide what is the top thing that needs to be done — and do it.

Taurus

April 21 - May 21

The planets indicate this is the perfect time to sit quietly and ponder the meaning of your existence. If that sounds a bit too intellectual, just plan your next big vacation.

Gemini

May 22 - June 21

The first step toward resolving a problem is to recognize that there is a problem, and that is the step you must take today. For too long, you have ignored the warning signs.

Cancer

June 22 - July 23

Be completely honest with everyone you deal with today, even if it means you hurt their feelings. If you lie, despite the best of intentions, they will find out later and take it as a sign you cannot be trusted.

Leo

July 24 - Aug. 23

If you have done something you are proud of then shout about it. You are no stranger to drawing attention to yourself but this is one of those occasions when you have every right to go on a lap of honour.

Virgo

Aug. 24 - Sept. 23

Take care you don't get lulled into a false sense of security and end up making the kind of silly mistake you usually work so hard to avoid. Check every detail over the next 24 hours.

Libra

Sept. 24 - Oct. 23

Make an effort to put squabbles behind you. That might seem like a tall order considering how fragile certain relationships have been but it will be easier than you imagine.

Scorpio

Oct. 24 - Nov. 22

Interesting information will come your way over the next 24 hours, making it easier for you to get your way. Once others realize you are ahead of the game, they are much more likely to do as you say.

Sagittarius

Nov. 23 - Dec. 21

Be positive about what happens today. Look on the bright side and realize that negativity of any kind will only add to your problems. Most of the world's population would give its right arm to be you.

Capricorn

Dec. 22 - Jan. 20

Start something that helps you make your mark on the world. Don't worry that certain people might not approve. It's a sure sign that you are doing something worthwhile.

Aquarius

Jan. 21 - Feb. 19

Don't reject an idea just because it seems impractical. A few days from now, you will see it in a light that makes you realize that if you want something enough, you can find a way to get it.

Pisces

Feb. 20 - March 20

It may seem that you are lucky, but it isn't true. The cosmos rewards those who deserve it and no one deserves it more than you. **SALLY BROMPTON**

Crossword: Canada Across and Down

Across

1. ___ dancing (Punk+rock dance style)
5. Ms. Lovato's
10. Billy Ray Cyrus' "___ Breaky Heart"
14. Matador's victim
15. Forcibly seize
16. "To ___ not to..."
17. Observer
18. Plane seating request
19. Lakes, in Quebec
20. Profession for #28-Across: 2 wds.
22. Informally seat theatre-goers
23. Mottos
24. Concur
27. Profound feeling
28. Ms. Olson of Food Network Canada
30. "Alice" waitress
31. Egotistically emote
34. Had pizza delivered: 2 wds.
35. Singer Janis
36. Rainwater harvesting is a source of it: 2 wds.
40. 'Lobby' suffix
41. Piano's D Sharp key alternatively, ___
42. Actress/singer Ms. Michele's
43. Q. "Who's that novelist Mr. Lawrence?" A. "___, ___ believe."
44. Some: 2 wds.
45. Actor Mr. Whea-



- ton
47. Esoteric
49. Newspaper piece
53. Sarah McLachlan song
54. CRTC = Canadian Radio-television and Telecommunica-
57. Face part
58. Characteristic

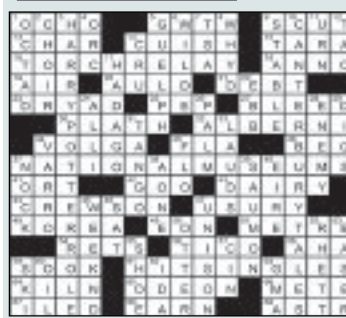
59. Quiz
60. Katarina of figure skating
61. www mag
62. Margarine
63. Deuce-ace
64. Giver
65. Average
- Down**
1. Footprints
2. Faithful

3. "You ___ Beautiful" by Joe Cocker
4. CMHC = Canada ___ and Housing Corporation
5. The Rock, aka ___ Johnson
6. Hockey great Mr. Lindros, and namesakes
7. Go together well

8. Archipelago part
9. "Hart to Hart" star Ms. Powers
10. Q. "Song 2", do you know it?" A. "Yes, it's ___ song from 1997."
11. Peace, in wartime
12. Present-day Montreal in French explorer Jacques

- Cartier's time
13. Decade divs.
21. Carrot-consuming choice, cooked or ___
25. "The Journey of Natty ___" (1985)
26. Some electronics
28. Attorney-___
29. Nair competitor
31. Water filter company
32. Quentin Tarantino's "___ Dogs" (1992)
33. 'Cemetery of the Gulf' in Quebec, ___ Island
34. Competent
37. Gradually withdraw
38. Influenced
39. Newfoundland town, 'The Root Cellar Capital of the World'
45. Author
46. The thing's
48. ___ Have an ___ grind
49. ___ acid
50. Sky: Spanish
51. NBC's "The Biggest ___"
52. Insects sci.
55. Pasta kind
56. Central
57. Nunavut's neigh.

Yesterday's Crossword



Sudoku

How to play

Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved.

Yesterday's Sudoku

2	5	6	8	7	3	4	1	9
4	1	9	2	6	5	7	8	3
3	7	8	9	4	1	2	6	5
9	6	1	5	8	7	3	4	2
5	3	2	4	1	8	9	7	6
7	8	4	3	9	2	6	5	1
6	9	5	7	2	8	1	3	4
1	2	3	6	5	4	8	9	7
8	4	7	1	3	9	6	2	5

			2					
1				7	6			5
	6	2		8		9	3	4
	4					5	7	
			1		8			
	8	9						1
2	3	5		4		1	9	
	1			3	9			7
					2			



visit metronews.ca



HAPPY NEW YEAR!!!

It May Be Cold Outside,
But The Deals Are

HOT HOT HOT

DECEMBER PROGRAMS EXTENDED

DEAL OF A LIFETIME

Here's what made us famous



+



2012 Dodge Ram + Pioneer Trailer combo

**EXTRA SAVINGS
ONE LOW PAYMENT!**

Over 40 D.O.L.
sold last year alone!

**401
RV CANADA**



Patrick Taylor



Jason Leuszler



Mario Lulay

20 minutes to savings

325 INGERSOLL ST., INGERSOLL

519-485-2100

WWW.401RV.CA



CHECK IT OUT

2012

Pioneer QB 30

\$19,999+++



2012 North Trail 28 BRS



North Trail

\$14,999+++

NOT A MISPRINT

**2010 KZ Sportsmen
242 RB**

\$8,000+++

WOW



**2009 Kodiak Skamper
235 Hybrid**

\$9,999+++



AS IS SPECIALS

1999 Terry

\$1,500

2008 Palomino 10FT

\$3,500

2001 Sunny Brook 27FT

\$3,500

2008 Kodiak 21FT

\$8,000

**FOR ADDITIONAL DEALS
AND INCENTIVES**

Follow us on Twitter @401auto

Like us on Facebook
facebook.com/401autorvcanada



REDNECK CORNER



ALL PAYMENTS ARE PLUS HST O.A.C. ALL CASH PRICES ARE PLUS FREIGHT, ADMIN., PDI, PREP FEES & HST. SEE DEALER FOR COMPLETE DETAILS. ALTHOUGH WE STRIVE FOR EXCELLENCE, WE RESERVE THE RIGHT TO CHANGE, AMEND OR CORRECT ANY ERRORS ON THIS AD. ALL PRICES ARE VALID ON DATE OF PUBLICATION.